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AFGHANISTAN'S ANSWER TO OPRAH
TV STAR RETURNS TO VANCOUVER ROOTS {page 2}

GRILLING SEASON NOT OVER YET
A MEATY TREAT FOR FALL {page 33}

PULLED
KATY PERRY'S SESAME STREET ADVENTURE {page 32}

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Witnesses step up in rave rape

- Girl has returned to school and is trying to regain some normalcy in her life
- Victim's family praises her school for its safe and supportive environment

JEFF HODSON/METRO VANCOUVER

▶ RCMP Sgt. Peter Thiessen at an RCMP building in Haney on Thursday.

RCMP investigating the sexual assault of a 16-year-old girl at a rave in Pitt Meadows said Thursday that a pair of witnesses had come forward to police with information.

"We respect the courage that it took for these two young adults to come forward under extreme peer pressure," said Sgt. Peter Thiessen.

Investigators now believe 10 to 12 people (not the five to seven reported earlier) witnessed the sexual assault at the Sept. 10 rave.

"What happened to this girl was horrible and a horrible violation. She deserves a chance to heal without being re-victimized by the sharing or viewing of these photos."
SGT. PETER THIESSEN

Thiessen appealed to the other witnesses to come forward, even anonymously, through Facebook, Twitter, texting or by calling Crime Stoppers.

Photos of the rape were distributed through social media sites.

They are considered child pornography because of the girl's age.

Thiessen said people have heeded the RCMP's warning about the photos for the most part, but admitted that they had spread through the Internet beyond Pitt Meadows and B.C.

Two teens have been arrested, but no charges have been laid. ● JEFF HODSON

Metro Scene

Wanna catch a movie?

- Fubar's lovable losers are back
- Anthony Hopkins sings Woody Allen's praises
- Plus reviews, showtimes and more

{pages 17-27}

Our cue to act shocked

Joaquin Phoenix appears on Letterman to explain 'rap career' claims {page 31}

Take a few minutes with Will Sasso

Ladner native on his new show, $#*! My Dad Says, and working with William Shatner {page 14}

Not from my backyard

David Descôteaux on the true costs of 'buying local' {page 15}

PM makes pitch for UN seat

Harper speaks of sorrow, sacrifice in Afghanistan {page 9}

1 news

‘Afghan Oprah’ visits old school

In March, she was invited to sing her song Afghan Girl for the Obamas at the White House

KRISTEN THOMPSON
@METRONEWS.CA

Ten years ago, TV star Mozhdah Jamalzadah’s classmates at Vancouver’s John Oliver Secondary School voted her most likely to become famous.

Now she’s considered the Oprah Winfrey of Afghanistan, hosting her own talk show in Kabul while juggling a successful singing career.

But the 28-year-old, who returned to her alma mater on Thursday to talk with students, said not all Afghanis are supportive of her show, which is controversial because it addresses taboo subjects like women’s rights and divorce.

“You see what’s going on in the rest of the world and you realize how lucky you are. I wanted to go back (to Afghanistan) ... and try to make a difference in the nation I left behind.”
MOZHDAH JAMALZADAH

“They don’t want girls in the entertainment field. They call me a disgrace to Afghans,” said Jamalzadah, who was born in Kabul and raised in Vancouver.

“Women still don’t have the freedom they deserve,” she said, adding she jumped at the chance to host an Oprah-style talk show — complete with its own “Dr. Phil” psychologist — in Kabul.

She said she was determined to talk about divorce in light of the fact that many Afghani women — forced into unhappy and violent marriages — see suicide as their only way out.

“A lot of people at the station told me I couldn’t discuss this on TV and I challenged them and told them, ‘I’m going to do this.’ I had to bring up this issue.

“Families are now asking me not to give up the show and go back to Canada.”

Jamalzadah said it’s this kind of feedback that motivates her to press on, despite receiving constant death threats.

“No one else can (do the show) because I’m the only one who has the guts.”

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Mozhdah Jamalzadah speaks to students at John Oliver Secondary School on Thursday.

News on the move

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Stephen Harper talks of Canada’s ‘heavy price’ in Afghanistan in UN pitch for Security Council seat. Video at metronews.ca/canada

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It’s Battle of the No Bands as karaoke champs vie for fame and dumplings. Scan code for story.

K’naan management made cancellation call

The campus club that booked K’naan to play a charity concert at Simon Fraser University Tuesday night was short more than half of the promised money, representatives of the Canadian-Somali musician said yesterday.

K’naan was the headline act at an SFU Peace Day concert to raise scholarship money for girls in rural Ghana, but never took the stage.

Paquin Entertainment, K’naan’s booking agent, said concert promoter I Vision One World “broke key contractual obligations” and was more than 50 per cent short of the financial agreement, which forced his management team to cancel the performance.

The statement said the musician had nothing to do with the cancellation and claimed he was not onsite when the decision was made.

JEFF HODSON

Admission

I Vision One World also released a statement that took responsibility for not fulfilling its end of the contract.

GETTY IMAGES

▶ K’naan

News in brief

Evacuees begin heading home

DOWNTOWN. Residents of the Electra Building in downtown Vancouver were told Thursday that they’re allowed back home.

The building was evacuated last Saturday because of a chemical scare.

KRISTEN THOMPSON

He may be 89, but don’t touch his wife’s purse

CHIVALRY. A Surrey man has been charged with robbery for allegedly stealing the purse of an elderly woman, only to be chased by the woman’s 89-year-old husband.

The suspect was chased into the dead end of a stairwell and held there by a security guard until police arrived.

KRISTEN THOMPSON

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Vancouver women do it more often?

More sexually active than Toronto, but less than Montreal: Survey By region, Prairie women have most sex

When it comes to sex, Vancouver women are getting more than their Toronto counterparts, according to a study released Thursday.

The survey, Women, Sexuality and Birth Control, polled women between the ages of 18 and 24.

It found that 47 per cent of Vancouver women within that age group are sexually active on a regular basis, compared to Toronto's 40 per cent and Montreal's 55 per cent.

Also, 21 per cent of Vancouver women polled for the study said they're virgins.

SARAH N. FITZGERALD

More results

The survey polled slightly more than 1,000 women.

- Among those women who said they're sexually active, 63 per cent said they have sex at least once a week.
- 48 per cent said they have sex more than twice a week.
- 40 per cent of Canadian women between 18 and 24 are single.
- 99 per cent of sexually active respondents said they use birth control.

Liquor. Thirst buster

▶ Dan Aykroyd shows off his XO Patrón tequila at the Bute B.C. Liquor Store on Thursday.

STEPHANIE ORFORD/FOR METRO VANCOUVER

Aykroyd shows off wares

More than a few guys in Ghostbusters costumes lined up to meet Dan Aykroyd, owner of Patrón tequila and Crystal Head Vodka, and, oh yeah, famous Canadian actor and comedian. How does he drink his tequila? "Patrón Plata straight, or the XO with milk — a Mexican Russian!" On Friday, Aykroyd will be at the Northgate Mall Liquor Store in Burnaby, from 2-4 p.m.

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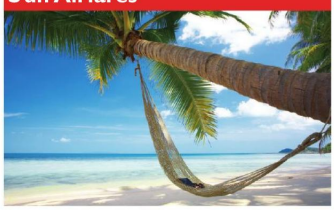

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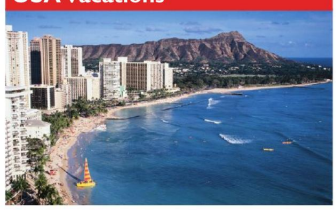

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Ecstasy bust in Chilliwack

RCMP have seized more than 200,000 ecstasy tablets after uncovering pills in a "sophisticated compartment" in a pick-up truck's gas tank, then raiding the driver's Chilliwack home, police said.

Federal drug investigators pulled over the vehicle on Highway 1 and found a magnetic, electronically operated hiding spot filled with tablets.

The driver was arrested and his home searched, uncovering more drugs in a suitcase, said Const. Michael McLaughlin.

KRISTEN THOMPSON

Richmond. Big hit

▶ Canada's David Willsie, left, and Sweden's Mikael Norlin collide during their match at the World Wheelchair Rugby Championships Thursday.

HEARS

Sweden beats Canada by 1 point

Canada was edged by Sweden 52-51 in overtime at the World Wheelchair Rugby Championships at the Richmond Oval Thursday. Canada (3-1) must now defeat the top-ranked U.S. on Friday to remain in medal contention.

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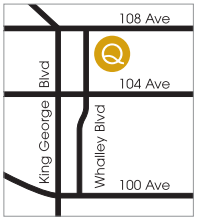

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White House hires UBC prof

MARTIN DEE/UBC

▶ Carl Wieman

A University of British Columbia professor will be working at the White House, the U.S. Senate confirmed Thursday.

Nobel Laureate Carl Wieman will be associate director of science at the White House Office of Science and Technology Policy.

Wieman's new job will nab him from his position as director of UBC's five-year, $12-million project to improve science education, the Carl Wieman Science Education Initiative (CWSEI).

Over the past three years, CWSEI has benefited more than 18,000 UBC students across seven science departments.

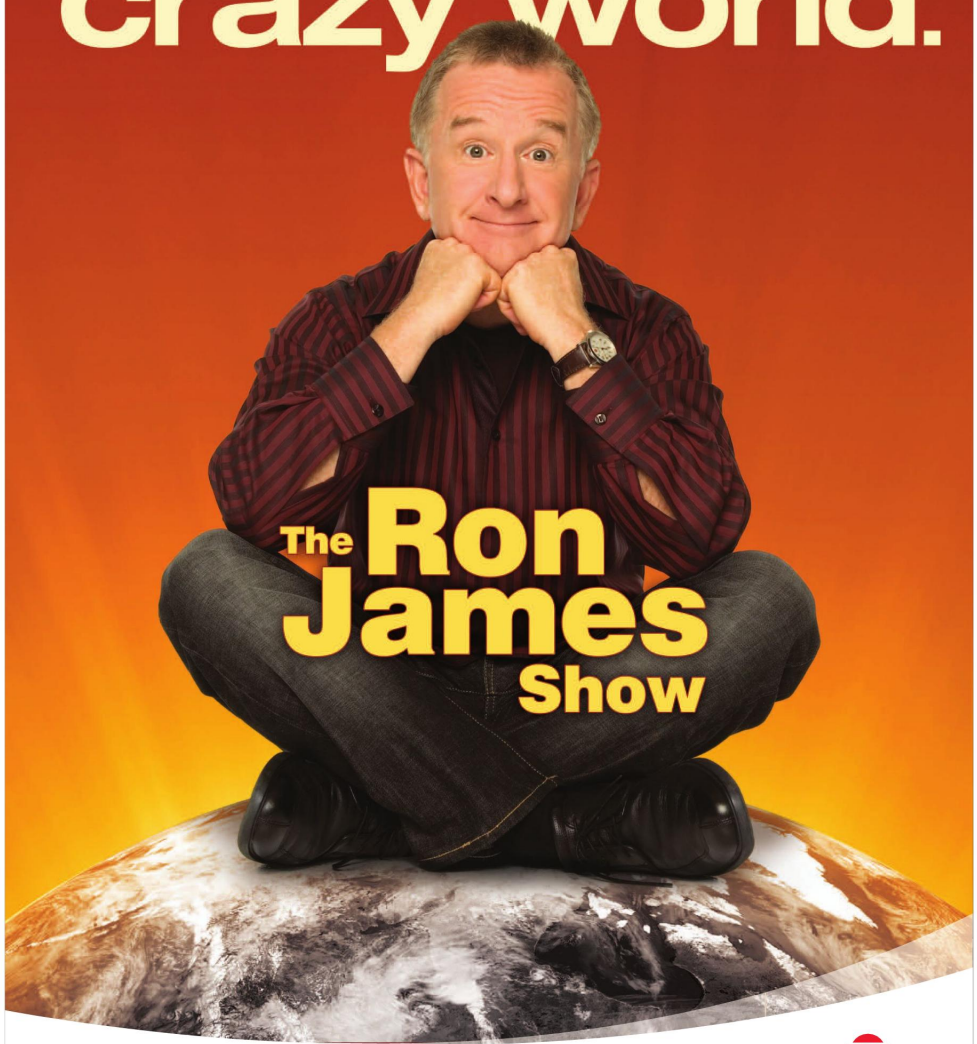
One technique Wieman champions is the use of "clickers" that each student uses in class to answer multiple-choice questions.

Sarah Gilbert, associate director of CWSEI, will act in Wieman's place as he takes unpaid leave from UBC until July 2012.

Wieman shared the 2001 Nobel Prize in physics for creating a form of matter called Bose-Einstein condensate.

● STEPHANIE ORFORD

Comic relief for a crazy world.



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Canada 6th most obese country in OECD: Report

Sixty per cent of Canadians are overweight and 24 per cent are obese, making Canada one of the fattest countries in the world, according to a new report.

The study, released on Thursday by the Organization for Economic Cooperation and Development (OECD), calls obesity "one of the largest public health emergencies of our time."

It provides new insights into how governments and industry have encouraged obesity since the 1980s, when countries' rates were all less than 10 per cent, and suggests preventative measures they can take.

The OECD defines obesity as a body mass index (BMI) of over 30. People with a BMI of 40-45 live eight to 10 years shorter than non-obese individuals, a risk similar to that of smoking.

Biggest, smallest

Most obese countries in the OECD:

- Mexico — 30%
- United States — 28%
- New Zealand — 27%
- Australia, U.K. — 25%
- Canada — 24%

Least obese countries in the OECD:

- Japan — 3%
- Korea — 4%
- Switzerland — 8%
- Italy, Norway, Sweden — 10%

Within Canada, B.C. has the lowest obesity rate in the country at 44.6 per cent of adults, according to the 2008 Canadian Community Health Survey.

● STEPHANIE ORFORD

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BEAR ATTACK

She bops a bruin with a zucchini

A woman fended off a charging bear on her back porch Thursday with … a zucchini.

The woman heard a post-midnight tussle in the backyard of her home near Frenchtown, Mon., an officer said.

She found a 90-kilogram black bear attacking one of her two dogs.

The woman stood at her back door and screamed to divert the bear's attention from the dog.

She told police the bear took a swipe at her and tore her jeans. The woman grasped the nearest object on her kitchen counter — a 30-centimetre-long zucchini from her garden.

She flung the zucchini at the bear.

THE ASSOCIATED PRESS

PM to UN: Canada is 'ready to serve'

PAUL CHIASSON/THE CANADIAN PRESS

▶ Stephen Harper meets Palestinian leader Mahmoud Abbas in New York on Thursday.

He evokes sorrow and sacrifice in push for seat on Security Council

Prime Minister Stephen Harper made an eloquent pitch Thursday for a seat on the powerful United Nations Security Council.

He highlighted Canada's commitment to the peaceful ideals held dear by the UN.

In a solemn speech to the UN General Assembly, he also evoked the sorrow and sacrifice — and the "heavy price" — of the Canadian mission in Afghanistan.

"We pay it … with profound sorrow, in the priceless lives of our young men and women who serve there," Harper said.

He described Canada — a founding member of the UN and the seventh-largest contributor to its finances — as a "consistently reliable and responsible participant in UN initiatives around the world."

Canada, Harper made clear, deserves one of two available berths on the Security Council, the UN's top decision-making body.

"If we are elected, we will be ready to serve," he said.

Officials have said Canada has a tough fight against Germany and Portugal to secure a seat.

The race will be decided Oct. 12 when the 192 United Nations ambassadors cast a secret vote.

THE CANADIAN PRESS

Layton hits out over gun vote

NDP Leader Jack Layton is accusing the Tories and the Liberals of using the gun registry as the worst of kind of wedge politics.

The parties are purposely dividing rural and urban for their own short-term gains, he claimed.

In a rousing speech to his caucus on the morning after a handful of his MPs switched their votes and saved the gun registry, Layton said he will work to make sure aboriginal and rural points of view are taken into account when reforming the registry.

2 A Tory private member's bill to scrap the gun registry failed by just two votes. MPs voted 153 to 151 on Wednesday to kill the bill.

THE CANADIAN PRESS

Lotto ticket wins twice

Police say Italian mobsters are buying winning lotto tickets to launder millions in cocaine profits.

Winners are paid the full prize or a little less in dirty money and avoid taxes had the original windfall been deposited in a bank. THE ASSOCIATED PRESS

Train kills elephants

A speeding freight train struck a herd of elephants in eastern India, killing seven, an official said.

The herd was crossing the tracks in Banarhat forest in West Bengal state around midnight Wednesday when the train plowed into it. THE ASSOCIATED PRESS

SUSAN WALSH/THE ASSOCIATED PRESS

▶ Obama speaks at a New York fundraiser.

Obama seeks peace in a year

U.S. President Barack Obama challenged the countries of the United Nations on Thursday to unite around peace efforts that he said could achieve agreement within a year to create an independent Palestine and a secure Israel.

Obama, in a speech to the UN General Assembly, urged fellow world leaders to press forward with renewed determination in the quest for Mideast peace.

He acknowledged peace efforts have encountered "few peaks and many valleys."

But without an agreement, he said, "more blood will be shed" and "this holy land will remain a symbol of our differences, instead of our common humanity."

Obama's one-year timeline is ambitious. He made no mention of the militant Hamas movement, which controls the Gaza Strip and refuses to accept Israel's right to exist.

THE ASSOCIATED PRESS

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Bishop invites commuters back to church

105,000 people worldwide went back to church after last campaign

Anglican bishops in ecclesiastical vestments invited thousands of bleary-eyed commuters back to church during a campaign at southern Ontario train stations Thursday. They were also at GO Train stations in nearby cities.

The goal is to heighten awareness that the church and religious faith are important, Archbishop Colin Johnson said, adding people can return to church or attend for the first time, no matter what their faith.

THE CANADIAN PRESS

PAT HEWITT/THE CANADIAN PRESS

▶ Archbishop Colin Johnson

Discipline. Or Racism?

▶ Luthando Nxasana is seen next to sister Lusanda in their Johannesburg home. Luthando says a teacher told her to speak English "or get the hell out of my classroom."

TAWANDA MUDIMU/THE ASSOCIATED PRESS

Student fights alleged racism

A 16-year-old who believes she was kicked out of class for speaking her first language at school has prompted government investigations, and the case is demonstrating how volatile the issue of language in education remains in South Africa. School officials insist a disciplinary problem and not racism sparked the case, but it's now making headlines a generation after hundreds were killed when students revolted over being forced to learn in Afrikaans.

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TWITTER

Hack traced to Japan

This week's Twitter attack that caused a widespread headache for the micro-blogging service appears to have been triggered by a Japanese computer hacker who says he was only trying to help.

The attack, which emerged and was shut down within hours Tuesday morning, involved a "cross-site scripting" flaw that allowed users to run JavaScript programs on other computers.

The originator is believed to be someone who acknowledges creating the Twitter account "RainbowTwtr" that demonstrated the vulnerability.

Masato Kinugawa regularly tracks down possible computer security loopholes and notifies companies of their existence.

"Twitter had not fixed this critical issue long after it had been notified," Kinugawa tweeted.

"Twitter left this vulnerability exposed, and its recognition of this problem was low. Rather than have someone maliciously abuse this under the radar, I decided it would be better to urgently expose this as a serious problem and have it be addressed."

THE ASSOCIATED PRESS

PM to visit storm sites

PAUL DALY/THE CANADIAN PRESS

▶ This tree on Whiteway Street in St. John's was toppled by Igor's hurricane-force winds.

Road repairs should allow supplies to reach isolated areas: RCMP

Prime Minister Stephen Harper will tour areas of Newfoundland on Friday that were damaged by hurricane Igor.

Meanwhile, the massive cleanup and tallying up of the damage continued throughout eastern Newfoundland as workers and residents alike cleared downed trees and worked on roads. Crews reopened a section of the Trans-Canada Highway in central Newfoundland on Thursday, two days after Igor's potent winds and rains carved a deep crater in the main roadway.

Emergency workers brought in gravel and other supplies to fill a 20-metre wide and 20-metre deep hole that cut off traffic flow from one half of the province to the other.

RCMP Sgt. Boyd Merrill said the highway was opened at about 3:30 p.m. local time, but was initially open only to emergency vehicles carrying in supplies to the dozens of communities still cut off by road washouts and collapsed bridges.

THE CANADIAN PRESS

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THE ASSOCIATED PRESS

▶ Demonstrators in France make their voices heard Thursday.

Protests bring France to a halt

Total of 232 demonstrations held Some concessions possible, but Sarkozy firm on raising retirement age

Tens of thousands of French workers took to the streets Thursday for the second day of nationwide strikes this month to protest President Nicolas Sarkozy's plan to raise the retirement age to 62, with union walkouts crippling planes, trains and schools across the country.

The strikes are seen as a test for the conservative Sarkozy and are being watched elsewhere in Europe, as governments struggle to rein in costs with unpopular austerity measures after the Greek debt crisis scared markets and sapped confidence in the entire 16-nation euro currency.

Estimates of protesters varied wildly. In Marseille, police put the turnout at 22,000, while organizers said it was tenfold higher. Paris police said 65,000 people turned out for the capital's march, compared with 80,000 earlier this month. Organizers put turnout at the Sept. 7 Paris march at 270,000, but hadn't yet released an estimate for Thursday's demonstration.

THE ASSOCIATED PRESS

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▶ Will Sasso

5 MINUTES WITH: WILL SASSO

Ladner native and avid Canucks fan Will Sasso — who rose to fame as a cast member on MADtv — stars alongside fellow Canadian William Shatner in the new CBS sitcom $#*! My Dad Says, which premiered Thursday. The series is inspired by a Twitter account by Justin Halpern, who re-tweets his cantankerous, elderly father's outbursts to 1.7 million adoring followers. Sasso chatted with Metro about the show.

What's your role?
I play Vince, the eldest of the two sons. I'm married to Nicole Sullivan (from MADtv). It's a real luxury to team up with her again. I know her rhythms and she knows mine. We kind of picked up where we left off (after MADtv). Playing a married couple is almost too easy.

Did you follow the Twitter account before being cast?
I was following it. The first time I heard about it I thought it was made up. It's wild. The plot comes from (Justin's) tweets. And that's why Justin's there. He's a talented writer but he keeps it very legit. A lot of it comes from Justin's real life and now the rest of the writers are in there bringing stuff from their own families and fathers.

What has the reaction been from Justin's father?
His father has been to a couple of tapings and it's been really interesting to see the guy's reaction. The guy doesn't care. He wears sweatpants every day. He's a nice guy, a loving father, but you're talking about a guy who's 72. He's put in his time.

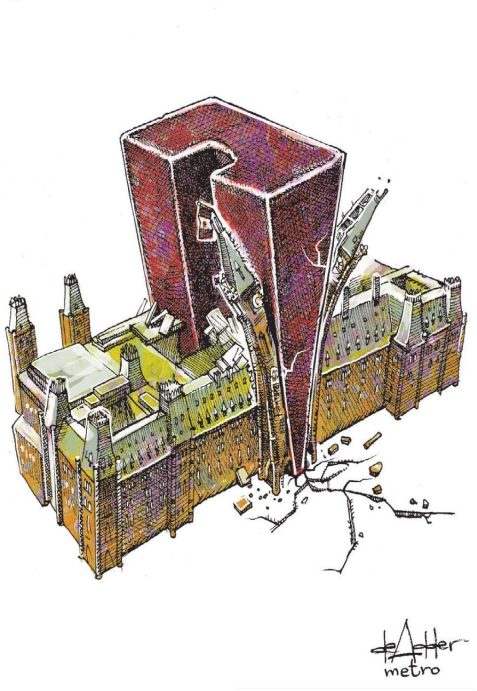
What's it been like working with William Shatner?
It's a dream. He's long been a hero of mine and working closely with him is wild. It's wild being able to see him do what he does. He hits a joke at exactly the right moment and it's like the audience is on a spring. He's hilarious. And very humble.

What are your thoughts on the fact that two of the stars of the show are Canadian?
It's the NAFTA approach. It's kind of cool. Shatner is a Canadian icon. Hopefully, it will (give the show) traction (because) it's literally half represented by Canadians.

● KRISTEN THOMPSON

Cartoon

MICHAEL DE ADDER



No pink panthers, though

Worth mentioning

U.S. wildlife biologists moved eight female panthers from Texas — close relatives yet genetically distinct — into south Florida 15 years ago in hopes of boosting reproduction, and the immigration paid off.

Now scientists have created an astonishingly in-depth family tree of today's panthers to prove the genetic mixing not only left a bigger population but also a healthier one — offering support for this type of conservation as biologists struggle to save pockets of rare species the world over.

"Our results have shown you can have a positive impact on these endangered populations by doing this genetic restoration," said study co-author David Onorato, a research scientist with the Florida Fish and Wildlife Conservation Commission.

Indeed, many of the world's remaining lions and tigers live in very small groups where inbreeding may threaten their health just like it threatened the Florida panthers, and might benefit from similar "genetic rescues," said Stuart Pimm, a conservation biologist at Duke University. He was not part of the new study but has separately tracked the panther program.

THE ASSOCIATED PRESS

On the prowl

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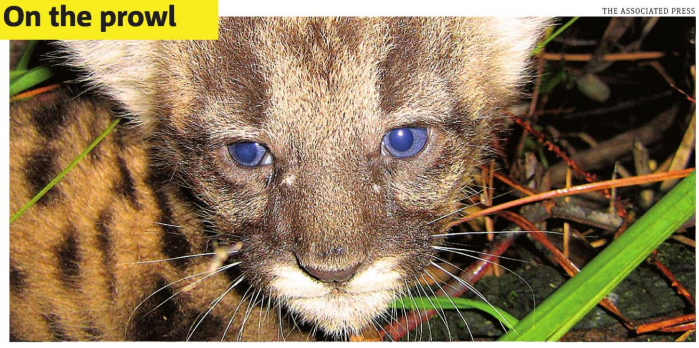

What's the stupidest thing you've done with your cellphone?

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Metro Minute with Tom Green

Did you enjoy Canadian comedian Tom Green's Bum Bum Song?

The time he went nuts on a motorized scooter in a grocery store?

That time he spray-painted his dad's van with obscene images? Well, now he's upset about technology and he's bringing it to the stage Friday night for the Vancouver Comedy Festival. Insider tip: He will be performing music sometime during the show, possibly on a guitar. Neil Hamburger opens. Check out Green's comedy stylings at tomgreen.com. Show is at the Vogue Theatre. Doors open at 7 p.m., and show begins at 8 p.m. Tickets are $38. More info at, comedyfest.com.

● STEPHANIE ORFORD

Three days to play

WHAT'S THE HOTTEST VANCOUVER NEIGHBOURHOOD?

Sue Chand
SURREY
Probably Yaletown. They're the most chic and hip. A lot of people with nice purses, and they look nice — nice clothes, nice cars. So very sexy. And more botox as well!

Richard Russ
VANCOUVER
The party strip here along Granville. I live on Granville so I see it all day, every day. All I know is that they come from everywhere. They're not all from Vancouver — like me.

Other people's money

DESCÔTEAUX

Saturday morning at the Springridge farm in Milton, Ont.

BUY LOCAL: AT WHAT COST?

While my daughter rides a horse, my girlfriend buys a fruit pie at the door.

It's done. The Descôteaux family has bought "local." Will I keep going down this path? Buy a saw at the village hardware store instead of Canadian Tire? No.

Buying local can, sometimes, help the environment. But its virtues stop here. Fresh food? Yes. Locally-made clothes, a bicycle made in Canada? Why not, as long as these products are competitive with regard to price and quality. But paying more to "encourage the local economy?" No thanks.

By spending more (too much) money on one item, you have less money left to spend at other local retailers. But, primarily, the very reason we are rich is that we trade. Chinese, German, Ontarian, or Québécois producers specialize in those areas where they excel. By exchanging our talents and resources, we gain access to a greater variety of cheaper, higher-quality products. The more human beings who bring their talents and creativity to the table, the more society prospers. Buying locally reduces the number of participants. It deprives us of talent and stifles creativity.

A thought experiment: Imagine that the residents of your city only bought locally for 10 years. Now imagine stepping through the door of your favourite store. What do you see on the shelves? Very little. Not surprising: In a "local" economy, we have to produce everything for ourselves. As our talents are limited, you can kiss goodbye to iPods, Harry Potter books or Spanish wines.

And where do we draw the line? If buying Ontario products is good for Ontario, then restricting our purchases to Toronto products should be even better for Toronto. If I live in Willowdale, do I need to make sure my money "stays" in Willowdale? If the residents of Newtonbrook West start buying local, must they stop shopping in Newtonbrook East?

It's serious. When Barack Obama imposes his "Buy American" clause for road construction, he is telling American businesses: Buy local. And hundreds of Canadians lose their job.

A growing number of pundits and politicians want to convince us — if not force us — to buy local. Wrong.

An economy grows — and its members grow richer — when new, less expensive ways of producing goods are discovered, not when people pay more than they have to. Saying no to the talents of others is a sure way of making us all poorer.

David Descôteaux is a freelance economic journalist and an associate researcher at the Montreal Economic Institute (iedm.org)

Market moment

DOLLAR	Natural gas 1,000 sq ft
– 0.40¢ (96.71 ¢ US)	$4.019 (+5.3¢)
Gold contracts	$1,294.30 (+$4.10)
OIL	**TSX**
+ 47¢ ($75.18 US)	– 45.47 (12,101.79)

BLOCKBUSTER

Video rental company OK in Canada

Video rental giant Blockbuster Inc. is filing for bankruptcy protection in the United States, but its Canadian operations say they're not affected by the reorganization.

Blockbuster Canada vice-president and general manager Barry Guest said in a statement early Thursday that its operations are still profitable.

"Blockbuster Canada operates independently of the U.S. and is financially stable," he said.

"We have the assets and cash flow to execute our business plan."

The troubled U.S. rental chain made a submission to the U.S. Bankruptcy Court on Thursday, in which it outlined plans to recapitalize its balance sheet and transform its business model.

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Lovable losers are back in action

Headbangers Terry and Dean head to the oilsands of northern Alberta in the sequel to cult comedy Fubar Duo's relationship strained over a girl and plenty of property damage

STEVE GOW
SCENE@METRONEWS.CA

When Fubar came out in 2002, nobody expected it to become the massive cult hit that it did — including writer and director Michael Dowse.

"When we got into Sundance (Film Festival) was the moment when we were like, 'oh, this might actually be working,'" recalled Dowse recently about the comedy featuring Terry and Dean — two lovable headbanger losers from Alberta. "Our original plan was to just send it out on VHS tapes and see if it would multiply."

Multiply it has. In the eight years that have passed since Fubar came out, Dowse made the award-winning mockumentary, It's All Gone Pete Tong and even filmed his first big-budget Hollywood film, Kids in America starring Topher Grace and Anna Faris (hitting theatres in March). However, for all that experience in Tinseltown, Dowse felt nostalgic for Fubar.

"The advantage of working in Hollywood is that you get all the tools you want," said Dowse of returning to the low-budget world of Fubar II. "The flip side of it is just have more cooks in the kitchen and with this, you get a little bit less in terms of what you can do with a lesser budget but you have no cooks in the kitchen which is nice."

▶ Fubar II sets Terry and Dean against the oilsands of northern Alberta.

Now fresh off a hot run at the Toronto International Film Fest, Fubar II sets Terry and Dean upon the oilsands in northern Alberta where the duo's relationship is strained over a girlfriend and plenty of property damage.

"I think everyone's had a friendship like that," said Dowse of the pair's wide appeal. "One guy's an idiot and other one takes care of him and they're together through thick and thin."

Goon comedy

In October, Dowse will begin filming Goon, a comedy co-written by Jay Baruchel and starring Seann William Scott. "The project's basically about a Jewish bouncer who gets touched by the fist of God and becomes an enforcer in a junior hockey league. It's got like three of my favourite things — violence, comedy and hockey — so I'm thrilled."

2 scene

News in brief

Angelina Jolie has chosen young Bosnian actress Zana Marjanovic for the lead role in her directorial debut — a wartime love story between a Bosnian woman and a Serbian man. Marjanovic said the screenplay was "fabulous" and she could not wait to start shooting with such a "great actress and humanist" like Jolie.

THE ASSOCIATED PRESS

Mobile-music service Pandora rejects Canada

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Wall Street needs more Gekko

Wall Street: The Money Never Sleeps
Genre: Drama
Director: Oliver Stone
Stars: Michael Douglas, Shia LaBeouf, Carey Mulligan
●●

Gordon Gekko, the personification of 80s greed, has returned several decades after his award-winning debut. Oliver Stone never seemed like a filmmaker interested in franchises, but he found the opportunity to bring back Gekko amidst the current economic climate impossible to resist.

For the first hour or so, it's easy to see why. The character is incredibly entertaining and seems to elevate Michael Douglas as an actor. Stone clearly has a lot of fun reviving Gekko in a new era, cheekily having him write a book in prison called "Is Greed Good?"

But once the novelty wears off and the in-jokes run their course, there really isn't anything important in the movie that wasn't covered last time.

The main problem is that the focus isn't on Gekko, but on a new Wall Street hot shot, played by the underwhelming Shia LaBeouf, and his relationship with Gekko's daughter. Endless drawn out relationship scenes distract from Stone's capitalist critique and it even absurdly transforms Gekko into a good man by the end.

Whenever the boys are talking business the movie has bite, but there are too many distractions from the sidelines.

Despite the talent involved, this is just another superfluous sequel.

● PHIL BROWN

The original

In 1987's Wall Street, Charlie Sheen played Bud Fox, a Wall Street stockbroker who meets with Gekko, who takes the youth under his wing and explains his philosophy that "Greed is Good."

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Movie review See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

You Again
Genre: Comedy
Director: And Fickman
Stars: Kristen Bell, Jamie Lee Curtis, Sigourney Weaver,
●½

Really, the women of You Again should just get over it.

They should move on from the resentments, jealousies and grudges they've held onto since high school and embrace the people they've become today — even if they've developed into are stock characters in a lame, PG-rated comedy.

You Again unfortunately perpetuates all the worst cliches about women being insecure, petty, spiteful, competitive and cruel, and it does it in the name of comedy — which is a problem, because it's pretty much never funny.

You Again begins in 2002, with uber-nerd Marni Olivia Olsen (Kristen Bell) — that's right, her initials are MOO — looking into the camera and describing how awful high school is. She's constantly tormented by uber-mean girl Joanna (Odette Yustman), the gorgeous head cheerleader.

Years later, Marni's a rising public relations executive. But as she heads back to her small town in Northern California for her brother's wedding, she realizes at the last minute who the bride is: Joanna. How this discovery never took place prior to a phone call on the airplane is totally implausible, but whatever.

The actresses do give it their all, though, and a few moments between Sigourney Weaver and Jamie Lee Curtis make you long for a smarter, more substantial film.

THE ASSOCIATED PRESS

Jack Goes Boating
Genre: Comedy-romance
Director: Philip Seymour Hoffman
Stars: John Ortiz, Daphne Rubin-Vega, Philip Seymour Hoffman, Amy Ryan
●●●

Jack Goes Boating is based on Bob Glaudini's off-Broadway play about two working-class New York City couples. Clyde and Lucy are trapped in a marriage that is slowly rotting, while Jack and Connie carefully embark on a new romance. Quiet and insightful, this is a realistic look at relationships that places its emphasis on performances rather than plot.

RICHARD CROUSE

A Woman, a Gun and a Noodle Shop
Genre: Foreign
Director: Zhang Yimou
Stars: Sun Honglei, Ni Dahong
●●½

Zhang Yimou's remake of the Coen Brothers' oddball thriller Blood Simple is precariously poised between dark comedy and darker noir, and it keeps losing its balance. There are moments of slapstick, over-the-top humour — particularly the opening scene. But when this tale of adultery and revenge moves into the grim territory of human impulses, the cloistered theatricality and stunning visual choreography drain the characters of any real emotions.

KUMAR SAHA

Never Let Me Go
Genre: Drama
Director: Mark Romanek
Stars: Carey Mulligan, Keira Knightley
●●●½

Based on an acclaimed novel by Kazuo Ishiguro, Never Let Me Go at first seems like a romantic period piece. However, audiences are shocked when it's revealed the trio was actually raised in a mysterious boarding school for organ donors. It wraps a tale of love around the moody, ominous moral horror.

STEVE GOW

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CHANGES AFOOT FOR DIGITAL MUSIC

Sound Check

Last week, I gave a presentation to a group of broadcasters about the future of digital music. I'd have liked to have had everything finished in plenty of time but once again I was working late the night before. It wasn't that I had been procrastinating. It's because these days, things in the digital music space can change almost hourly. Here's a look at what we might expect between now and Christmas.

Ping: Apple's new iTunes component masquerades as a social network — but it's not. It's a closed system that only allows you to communicate with other Ping-sters while inside iTunes. There were plans to integrate it with Facebook, but when they heard that Apple was suddenly planning to bring over 160 million users to their servers, they said: "Um, can we talk about this?" To make Ping really useful, Apple, Facebook and Twitter will have to make nice.

Google Music: One of the worst-kept secrets in the tech world this summer was Google's work on setting up a music store to combat iTunes. Given that Apple won't let Android-powered phones (Android being Google's open source smart phone operating system), work with iTunes, Google has been thinking about setting up their own store for months. The record labels LOVE this idea because they're concerned that iTunes is holding too many cards right now.

The New MySpace: Because MySpace didn't keep up with the times, Facebook came along and quickly ate their lunch in the social networking arena. But although many have declared MySpace dead, there may be a resurrection in the offing as soon as Oct. 15 when Project Futura — the code name for a major MySpace redesign — could reclaim some of that lost ground in the music space. Hell, whatever they're doing, it has to be better than Ping.

Facebook: With 500 million users, Facebook can withstand whatever blistering attack comes with the opening of the movie, The Social Network, next week. If I were them, I'd have all my developers working on something I'd call Facebook Music, an easy way for friends to recommend and share music discoveries within the existing Facebook network. There's some of that going on now, but someone should figure out a way to make it easy and useful. If they can do that, who needs Ping or MySpace?

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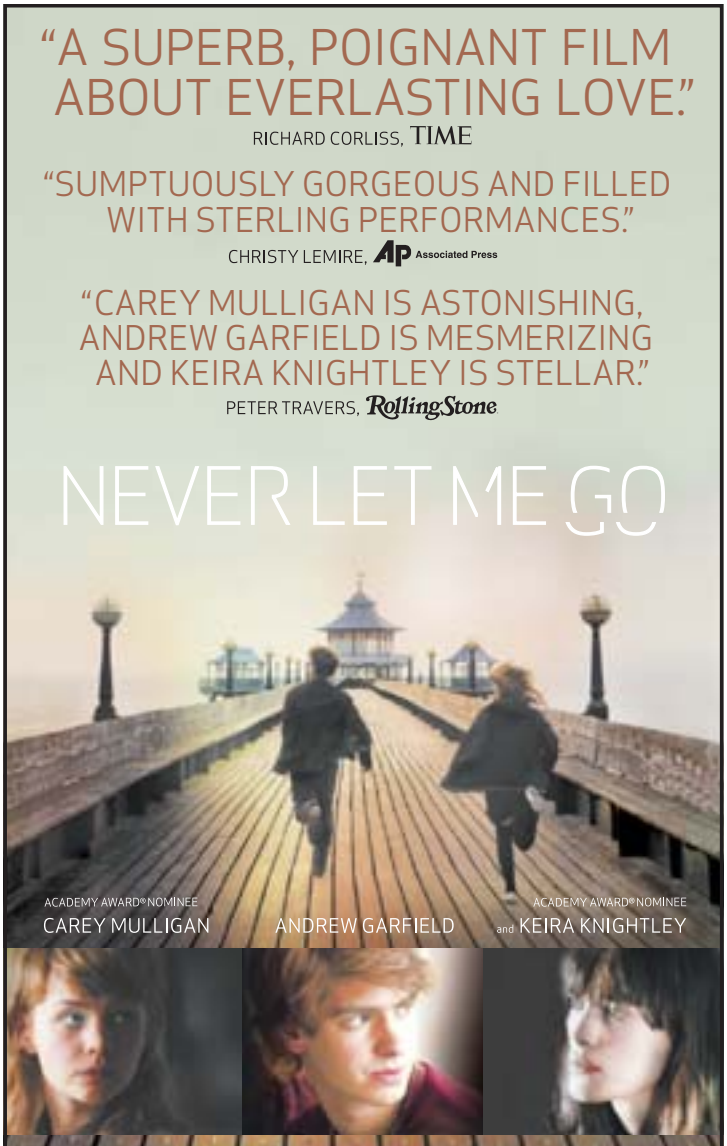

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Inception (PG) Fri-Thu 1-4:10-7:10-10
Jack Goes Boating (STC) Fri-Thu 1:20-3:20-5:20-7:25-9:25
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Joan Rivers: A Piece of Work (PG) Fri 6:50-9:35 Sat-Sun 4:15-6:50-9:35 Mon-Tue 5:25-8:35
The Other Guys (14A) Fri 6:45-9:15 Sat-Sun 4:10-6:45-9:15 Mon-Tue 5:40-8:05
The Switch (PG) Fri 6:55-9:40 Sat 9:40 Sun 4:20-6:55-9:40 Mon-Tue 5:50-8:30

HOLLYWOOD THEATRE
3123 W. Broadway, 604-738-3211
hollywoodtheatre.ca

The Girl With the Dragon Tattoo (18A) Fri 9:25 Sat-Sun 3:25-9:25 Mon-Thu 9:25
The Kids Are All Right (14A) Fri 7:30 Sat-Sun 1:30-7:30 Mon-Thu 7:30

OAKRIDGE
650 West 41st Ave., 604-263-1944

Easy A (PG) DTS Digital Fri 7:15-9:45 DTS Digital Sat-Sun 1:30-4:15-7:15-9:45 DTS Digital Mon-Thu 5:20-8:15
Legend of the Guardians: The Owls of Ga'Hoole (G) DTS Digital, No Passes Fri 6:45-9:15 DTS Digital, No Passes Sat-Sun 1:15-3:45-6:45-9:15 DTS Digital, No Passes Mon-Thu 5:10-7:45
Wall Street: Money Never Sleeps (PG) Dolby Stereo Digital, No Passes Fri 7-10 Dolby Stereo Digital, No Passes Sat-Sun 1-4-7-10 Dolby Stereo Digital, No Passes Mon-Thu 5-8

PACIFIC CINÉMATHÈQUE
1131 Howe Street, 604-688-3456
cinematheque.bc.ca

Alphaville, a Strange Case of Lemmy Caution (STC) Mon 8:40 Wed 8:40
Night Class (STC) Sat-Sun
Out of Our Minds (STC) Tue 7
Parade (STC) Fri 9:05 Sun 6:45
Playtime (STC) Sat 6:30 Sun 8:15
Traffic (STC) Fri 7:15 Sat 9:15
Vancouver International Film Festival (STC) Thu
Vivre Sa Vie (STC) Mon 7 Wed 7

PARK THEATRE
3440 Cambie Street, 604-876-2747

The Town (14A) Fri 4-7-9:40 Sat-Sun 1:15-4-7-9:40 Mon-Thu 4-7-9:40

RIDGE THEATRE
3131 Arbutus Street, 604-738-6311

Deeper - A Snowboard Adventure Into the Unknown (STC) Wed 8
Wall Street: Money Never Sleeps (PG) Fri 4-7-9:40 Sat-Sun 1-4-7-9:40 Mon-Tue 4-7-9:40 Thu 4-7-9:40

RIO ON BROADWAY
1660 E. Broadway, 604-878-Film
riotheatre.ca

Close Encounters of the Third Kind (STC) Fri
E.T. the Extra-Terrestrial (PG) Fri
A Gun to the Head (STC) Sat 7:30
Harvey Spannos (STC) Fri 7:30
Machotaildrop (STC) Fri 9:30
No Fun City (STC) Sat 10
Spike and Mike's New Generation Animation Festival (STC) Sun-Thu 3:30-5:30-7:30-9:30

SCOTIABANK THEATRE VANCOUVER
900 Burrard St., 604-630-1407

The American (14A) Fri-Thu 1-4:10-6:50-9:40
Casablanca (STC) Sun 1
Devil (14A) Fri-Thu 1:50-4:30-7:10
Eat Pray Love (PG) Fri-Thu 12:40-4-7:15-10:35
The Expendables (18A) Fri-Tue 1:40-4:25-7:30-10:25 Wed 1:40-4:25-10:25 Thu 1:40-4:25-7:30-10:25
Inception (PG) Fri-Thu 12:30-3:45-7:10-10:40
Machete (18A) Fri-Sat 1:30-4:40-7:25-10:20 Sun 4:40-7:25-10:20 Mon-Wed 1:30-4:40-7:25-10:20 Thu 1:30-4:40-10:20
Resident Evil: Afterlife 3D (18A) Fri-Wed 1-4:20-7:20-10:10 Thu 1-4:20-7:20-9:40
The Social Network (PG) Thu 12:01
The Town (14A) Fri-Thu 12:50-3:50-7:10-10:30
The Virginity Hit (14A) Fri-Thu 1:10-3:40-6:40-9:30

TINSELTOWN
International Village, 88 West Pender, 3rd floor, 604-806-0799
cinemark.com

Alpha and Omega 3-D (G) No Passes Fri-Thu 2:20-4:50-7:05-9:20
Catfish (PG) No Passes Fri-Thu 1:10-3:20-5:30-7:45-10:05
Easy A (PG) No Passes Fri-Thu 1:05-2:05-3:15-4:25-5:35-6:45-7:55-9:05-10:15
Legend of the Guardians: The Owls of Ga'Hoole (G) No Passes Fri-Thu 1:25-3:55-6:25-8:55
Legend of the Guardians: The Owls of Ga'Hoole 3D (G) No Passes Fri-Thu 2:40-5:10-7:40-10:10
Scott Pilgrim vs. the World (PG) Fri-Thu 7:30-10:20
Toy Story 3 (G) Fri-Thu 1:40-4:20
Wall Street: Money Never Sleeps (PG) No Passes Fri 1-2:30-4-6-7-9-10 No Passes Sat-Wed 1-3-4-6-7-9-10 No Passes Thu 2-3-5-6-8-9 No Passes Fri-Wed 2-5-8 No Passes Thu 1-4-7
A Woman, a Gun and a Noodle Shop (STC) No Passes Fri-Thu 2:45-5:05-7:25-9:45
You Again (G) No Passes Fri-Thu 2:15-4:45-7:15-9:40

VANCITY THEATRE
Vancouver International Film Centre
1181 Seymour Street, 604-683-Film
vifc.org

Five Easy Pieces (STC) Fri 6:30-8:15 Sat 6-7:45 Sun 5
No Films Showing Today (STC) Mon
VIFF Film and TV Forum (STC) Tue-Thu
Water on the Table (STC) Sun 7

VAN EAST CINEMA
2290 Commercial Drive, 604-251-1313
vaneast.com

Wall Street: Money Never Sleeps (PG) Fri 6:45-9:20 Sat-Sun 4:10-6:45-9:20 Mon-Thu 6:45-9:20

NORTH SHORE

ESPLANADE 6
200 West Esplanade, 604-983-2762

Easy A (PG) No Passes Fri 6:45-9:20 No Passes Sat-Sun 1:50-4:10-6:45-9:20 Mon-Thu 6:45-9:20
Eat Pray Love (PG) Fri 7:40 Sat-Sun 2:10-7:40 Mon-Thu 7:40
Inception (PG) Fri 7:30 Sat-Sun 2:20-7:30 Mon-Thu 7:30
Legend of the Guardians: The Owls of Ga'Hoole (G) No Passes Fri 7:15-9:40 No Passes Sat-Sun 2-4:30-7:15-9:40 No Passes Mon-Thu 7:15-9:40 No Passes Fri 6:30-9:10 No Passes Sat-Sun 1:30-4-6:30-9:10 No Passes Mon-Tue 6:30-9:10 No Passes Wed 9:10 No Passes Thu 6:30-9:10
You Again (G) No Passes Fri 7-9:35 No Passes Sat-Sun 1:40-4:20-7-9:35 No Passes Mon-Thu 7-9:35

PARK & TILFORD
333 Brooksbank Ave., 604-985-3911

Alpha and Omega 3-D (G) Fri 6:30-9:10 Sat-Sun 1:20-3:40-6:30-9:10 Mon-Thu 6:30-9:10
The American (14A) Fri 6:40-9:20 Sat-Sun 1:40-4:10-6:40-9:20 Mon-Thu 6:40-9:20
Devil (14A) Fri 7:10-9:30 Sat-Sun 1:50-4:15-7:10-9:30 Mon-Thu 7:10-9:30
The Town (14A) Fri 7-9:50 Sat-Sun 1:10-4-7-9:50 Mon-Thu 7-9:50 Star & Strollers Screening Thu 1
Wall Street: Money Never Sleeps (PG) No Passes Fri 6:50-8-9:45 No Passes Sat-Sun 1-1:30-3:50-4:40-6:50-8-9:45 No Passes Mon-Tue 6:50-8-9:45 No Passes Wed 6:50-9:15-9:45 No Passes Thu 6:50-8-9:45 Star & Strollers Screening, No Passes Thu 1

RICHMOND

RICHMOND CENTRE 6
6551 #3 Road, 604-273-7173

Alpha and Omega (G) Fri 3:55-6:50-9:35 Sat 12:55-3:55-6:50-9:35 Sun 12:55-3:55-6:50 Mon-Thu 3:55-6:50
Easy A (PG) Fri 4:10-7:15-9:45 Sat 1:10-4:10-7:15-9:45 Sun 1:10-4:10-7:15 Mon-Thu 4:10-7:15
Inception (PG) Fri 3:45-6:55-10 Sat 12:45-3:45-6:55-10 Sun 12:45-3:45-6:55 Mon-Thu 3:45-6:55
Legend of the Guardians: The Owls of Ga'Hoole (G) No Passes Fri 4:05-7:10-9:40 No Passes Sat 1:05-4:05-7:10-9:40 No Passes Sun 1:05-4:05-7:10 No Passes Mon-Thu 4:05-7:10
The Town (14A) Fri 4-7:05-9:50 Sat 1-4-7:05-9:50 Sun 1-4-7:05 Mon-Thu 4-7:05
Wall Street: Money Never Sleeps (PG) No Passes Fri 3:50-7-9:55 No Passes Sat 12:50-3:50-7-9:55 No Passes Sun 12:50-3:50-7 No Passes Mon-Thu 3:50-7

SILVERCITY RIVERPORT
14211 Entertainment Way, 604-272-7280

Alpha and Omega 3-D (G) Fri-Thu 1-4-7-9:45
The American (14A) Fri-Thu 1:05-4:10-7:40-10:40
Casablanca (STC) Sun 1
Despicable Me (G) Fri-Thu 12:20-3:30-6:40-9:30
Devil (14A) Fri-Thu 1:45-4:15-7:30-10:15
Easy A (PG) Fri-Thu 1:30-4:05-7-9:55
Eat Pray Love (PG) Fri-Thu 12:10-3:40-6:55-10:10
The Expendables (18A) Fri-Thu 12:50-3:55-7:25-10:20
Ik Kudi Punjab Di (G) Fri-Thu 12:35-4:25-8
Inception (PG) Fri-Thu 12:15-3:35-7:05-10:25
Legend of the Guardians: The Owls of Ga'Hoole (G) No Passes Fri-Thu 1-4-6:45-9:45
Legend of the Guardians: The Owls of Ga'Hoole: An IMAX 3D Experience (G) No Passes Fri-Thu 12-2:20-4:40-7-9:30
Machete (18A) Fri-Thu 1:10-4:35-7:45-10:35
The Other Guys (14A) Fri-Thu 12:25-3:25-6:35-9:35
Resident Evil: Afterlife 3D (18A) Fri-Sat 2-4:45-7:30-10:15 Sun 4:45-7:30-10:15 Mon-Thu 2-4:45-7:30-10:15
The Town (14A) Fri-Thu 12:55-4:10-7:20-10:30
The Virginity Hit (14A) Fri-Thu 1:40-4:30-7:35-10:20
Wall Street: Money Never Sleeps (PG) No Passes Fri-Thu 12-3:15-6:45-10 No Passes Fri-Wed 12:45-3:45-7:15-10:30 No Passes Thu 4-7:15-10:30 No Passes Thu 1
You Again (G) Fri-Wed 1:15-4:20-7:10-10:05 Thu 4:20-7:10-10:05 Star & Strollers Screening Thu 1

BURNABY

DOLPHIN CINEMAS
4555 E. Hastings St., 604-293-0332

Alpha and Omega (G) Fri 5-7 Sat-Sun 3-5-7 Mon-Thu 5-7
Eat Pray Love (PG) Fri-Thu 7-9:35
Nanny McPhee Returns (G) Fri 5 Sat-Sun 1-3-5 Mon-Thu 5
Takers (14A) Fri-Thu 9

SILVERCITY METROPOLIS
4700 Kingsway Ave., 604-435-7474

Alpha and Omega 3-D (G) Fri-Thu 12:30-3:30-7:20-9:55
Devil (14A) Fri-Thu 12:15-2:30-4:45-7:05-9:45
Easy A (PG) Fri-Tue 12:40-3:05-6:50-9:30 Wed 12:40-3:05-6:50-9:50 Thu 12:40-3:05-6:50-9:30
Inception (PG) Fri-Tue 12:05-3:20-6:30-9:50 Wed-Thu 12:05-3:20-9:50
Legend of the Guardians: The Owls of Ga'Hoole (G) No Passes Fri-Thu 12:15-2:40-5:05-7:45-10:10
Resident Evil: Afterlife 3D (18A) Fri-Sun 1-4:15-7:15-10:20 Mon 1-4:15-10:20 Tue-Thu 1-4:15-7:15-10:20
The Town (14A) Fri-Thu 12:45-3:50-7:10
Wall Street: Money Never Sleeps (PG) No Passes Fri-Mon 12:40-3:55-7:15-10:20 No Passes Tue 12-3:10:20 No Passes Wed 3:55-7:15-10:20 No Passes Thu 12:40-3:55-7:15-10:20 No Passes Fri-Thu 12:20-3:25-6:45-9:55
You Again (G) Fri-Thu 12-2:30-5-7:30-10:05

STATION SQUARE
220-6200 McKay Ave., 604-434-7711

The American (14A) Fri 4:20-7:20-10:20 Sat 1:20-4:20-7:20-10:20 Sun 1:20-4:20-7:20 Mon-Thu 4:20-7:20
Despicable Me (G) Fri 4:30-7:30-10:30 Sat 1:30-4:30-7:30-10:30 Sun 1:30-4:30-7:30 Mon-Thu 4:30-7:30
Eat Pray Love (PG) Fri 4-7:10 Sat 1-4-7:10 Sun 1-4-7 Mon-Thu 4-7
The Expendables (18A) Fri 4:25-7:25-10:25 Sat 1:25-4:25-7:25-10:25 Sun 1:25-4:25-7:25 Mon-Thu 4:25-7:25
Machete (18A) Fri 4:15-7:15-10:15 Sat 1:15-4:15-7:15-10:15 Sun 1:15-4:15-7:15 Mon-Thu 4:15-7:15
Scott Pilgrim vs. the World (PG) Fri 4:05-7:05-10:05 Sat 1:05-4:05-7:05-10:05 Sun 1:05-4:05-7:05 Mon-Thu 4:05-7:05
Takers (14A) Fri 4:10-7:10-10:10 Sat 1:10-4:10-7:10-10:10 Sun 1:10-4:10-7:10 Mon-Thu 4:10-7:10

NEW WEST/ COQUITLAM

SILVERCITY COQUITLAM
170 Schoolhouse Street, 604-523-2911

Alpha and Omega 3-D (G) Fri-Thu 1-3:50-6:35-9:25
The American (14A) Fri-Thu 12:15-3:35-6:50-9:40
Casablanca (STC) Sun 1
Despicable Me 3D (G) Fri-Sat 12:40-3:35-6:20-9:10 Sun 3:35-6:20-9:10 Mon-Thu 12:40-3:35-6:20-9:10
Devil (14A) Fri-Thu 12:10-2:30-5-7:35-10:15
Easy A (PG) Fri-Thu 1-3:55-6:45-9:30
Eat Pray Love (PG) Fri-Thu 12:05-3:20-6:45-9:55
The Expendables (18A) Fri-Thu 12:55-4:05-7:45-10:30
Inception (PG) Fri-Thu 12:25-4:10-8
Legend of the Guardians: The Owls of Ga'Hoole (G) No Passes Fri-Thu 12:45-3:30-6:40-9:20 No Passes Fri-Thu 1:15-4-7:05-9:50
Machete (18A) Fri-Tue 1:10-4:15-7:30-10:25 Wed 1:10-4:15-10:25 Thu 1:10-4:15-7:30-10:25
Nanny McPhee Returns (G) Fri-Thu 1:20
The Other Guys (14A) Fri-Sun 1:05-4:20-7:25-10:20 Mon 1:05-4:20-10:20 Tue-Thu 1:05-4:20-7:25-10:20
Resident Evil: Afterlife 3D (18A) Fri-Thu 12:50-4:30-7:30-10:20

The downtown YMCA is now open. Check us out! Robert Lee YMCA.ca

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Prizes pictured are for illustrative purposes only. Actual prizes may vary from the prize pictured. BMW/MINI Cooper is not endorsing, sponsoring, or otherwise affiliated with this promotion.

*"smallest" defined as the product of Height x Width. *Based on phones available for purchase on the market as of April 28, 2010.

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Scott Pilgrim vs. the World (PG) Fri-Thu 4:20-7:25-10:15
Takers (14A) Fri-Thu 7:10-9:55
The Town (14A) Fri-Thu 12:35-3:45-6:55-10:10
Toy Story 3 (G) Fri-Thu 12:10-3:15
The Virginity Hit (14A) Fri-Thu 1:25-4:25-7:20-10
Wall Street: Money Never Sleeps (PG) No Passes Fri-Tue 12-12:30-3:10-3:40-6:30-7-9:45-10:15 No Passes Wed 12-3:10-3:40-6:30-7-9:45-10:15 No Passes Thu 12-12:30-3:10-3:40-6:30-7-9:45-10:15 Star & Strollers Screening, No Passes Wed 1
You Again (G) Fri-Tue 12:20-3:50-7:15-10:05 Wed 3:50-7:15-10:05 Thu 12:20-3:50-7:15-10:05 Star & Strollers Screening Wed 1

SURREY/WHITE ROCK/LANGLEY

CLOVA
5732-176th St., Surrey, 604-541-9527

The American (14A) Fri-Thu 7
Going the Distance (14A) Fri-Thu 9
Nanny McPhee Returns (G) Sat-Sun 1:30

HOLLYWOOD 3 CINEMA
7125-138th Street, Surrey, 604-592-4441

The American (14A) Fri-Thu 5:20-9:20
Cats & Dogs: The Revenge of Kitty Galore (G) Sat-Sun 1:50
Despicable Me (G) Fri 7:30 Sat-Sun 12-3:30-7:30 Mon-Thu 7:30
Eat Pray Love (PG) Fri 7 Sat-Sun 12-7 Mon-Thu 7
The Expendables (18A) Fri-Thu 9:35
Nanny McPhee Returns (G) Fri 4:45 Sat-Sun 12-4:45 Mon-Thu 4:45
The Other Guys (14A) Fri 7 Sat-Sun 2:30-7 Mon-Thu 7
Salt (PG) Fri-Thu 9:05
Toy Story 3 (G) Fri 4:45 Sat-Sun 2:35-4:45 Mon-Thu 4:45

STRAWBERRY HILL GRANDE
12161-72nd Ave, Surrey, 604-501-9400

Alpha and Omega 3-D (G) Fri-Thu 12:35-3:35-6:30-9:15
Dabangg (PG) Fri-Thu 12:30-3:40-6:45-9:50
Devil (14A) Fri-Thu 12:15-2:30-4:50-7:50-10:10
Easy A (PG) Fri-Thu 1:15-4:15-7:45-10:20
Ik Kudi Punjab Di (G) Fri-Thu 12:10-3:30-7-10:30
Inception (PG) Fri-Thu 12-3:20-6:40-10:05
Legend of the Guardians: The Owls of Ga'Hoole (G) No Passes Fri-Thu 12:50-3:50-6:50-9:30
Resident Evil: Afterlife 3D (18A) Fri-Thu 1:20-4:20-7:05-9:40
The Town (14A) Fri-Thu 12:20-4:10-7:15-10:25
Wall Street: Money Never Sleeps (PG) No Passes Fri-Tue 12:40-4-7:30-10:45 No Passes Wed 4-7:30-10:45 No Passes Thu 12:40-4-7:30-10:45 Star & Strollers Screening, No Passes Wed 1
We Are Family (G) Fri-Thu 1:10-4:40-7:35-10:40
You Again (G) Fri-Tue 1-4:30-7:20-10 Wed 4:30-7:20-10 Thu 1-4:30-7:20-10 Star & Strollers Screening Wed 1

STUDIO 12 GUILDFORD
15051-101st Ave, Surrey, 604-581-1176

Alpha and Omega (G) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:20-4:50 Stadium Seating, Dolby Stereo Digital Mon-Thu 4:50
Alpha and Omega 3-D (G) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:45-4:25-6:50-9:20 Stadium Seating, Dolby Stereo Digital Mon-Thu 4:25-6:50-9:20
Devil (14A) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:55-4:45-7:45-9:50 Stadium Seating, Dolby Stereo Digital Mon-Thu 4:45-7:45-9:50
Easy A (PG) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:05-4:30-7:10-9:45 Stadium Seating, Dolby Stereo Digital Mon-Thu 4:30-7:10-9:45
Ik Kudi Punjab Di (G) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:25-5:05-8:30 Stadium Seating, Dolby Stereo Digital Mon-Thu 5:05-8:30
Inception (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 7:50
Legend of the Guardians: The Owls of Ga'Hoole (G) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:30-4:05-6:55-9:40 Stadium Seating, Dolby Stereo Digital Mon-Thu 4:05-6:55-9:40
Legend of the Guardians: The Owls of Ga'Hoole 3D (G) Dolby Stereo Digital, Stadium Seating Fri-Sun 2-4:40-7:30-10:10 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:40-7:30-10:10
Resident Evil: Afterlife 3D (18A) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:40-4:35-7:25-10 Stadium Seating, Dolby Stereo Digital Mon-Thu 4:35-7:25-10
The Town (14A) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:15-4:15-7:15-10:15 Stadium Seating, Dolby Stereo Digital Mon-Thu 4:15-7:15-10:15
The Virginity Hit (14A) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:10-4-7-9:25 Stadium Seating, Dolby Stereo Digital Mon-Thu 4-7-9:25
Wall Street: Money Never Sleeps (PG) Stadium Seating, Dolby Stereo Digital Fri-Sun 1-4:10-7:20-10:25 Stadium Seating, Dolby Stereo Digital Mon-Thu 4:10-7:20-10:25
You Again (G) Stadium Seating, Dolby Stereo Digital Fri-Sun 1:50-4:20-7:05-10:05 Stadium Seating, Dolby Stereo Digital Mon-Thu 4:20-7:05-10:05

RIALTO
1732-152nd Street, White Rock, 604-541-9527, criterontheatres.com

The Town (14A) Fri 7-9:20 Sat-Sun 2-7-9:20 Mon-Thu 7-9:20
You Again (G) Fri 7:10-9:15 Sat-Sun 2:10-7:10-9:15 Mon-Thu 7:10-9:15

CRITERION 4 WHITE ROCK
2381 King George Highway, 604-531-7456, criterontheatres.com

Listings not available at press time.

COLOSSUS LANGLEY
20090-91A Ave, Langley, 604-513-8747

Alpha and Omega 3-D (G) Fri-Sun 12:40-3:35-6:55-9:45 Mon-Thu 3:35-6:55-9:45
The American (14A) Fri-Sun 12:55-3:50-6:50-9:55 Mon-Thu 3:50-6:50-9:55
Casablanca (STC) Sun 1
Despicable Me 3D (G) Fri-Sat 12:30-3:30-6:50-9:35 Sun-Thu 3:30-6:50-9:35
Devil (14A) Fri-Sun 1:10-4:05-7:45-10:15 Mon-Thu 4:05-7:45-10:15
Easy A (PG) Fri-Sun 1-4:20-7:15-10:05 Mon-Thu 4:20-7:15-10:05
Eat Pray Love (PG) Fri-Sun 12:20-3:40-6:45-10:10 Mon-Thu 3:40-6:45-10:10
The Expendables (18A) Fri-Sun 1:20-4:30-7:35-10:20 Mon-Thu 4:30-7:35-10:20
Inception (PG) Fri-Sun 12:05-3:45-7:15-10:30 Mon-Thu 3:45-7:15-10:30
Legend of the Guardians: The Owls of Ga'Hoole (G) No Passes Fri-Sun 12:50-3:50-7-9:40 No Passes Mon-Thu 3:50-7:30-10
Legend of the Guardians: The Owls of Ga'Hoole: An IMAX 3D Experience (G) No Passes Fri-Sun 12-2:30-5-7:30-10 No Passes Mon-Thu 4:30-7-9:30
The Other Guys (14A) Fri-Sun 1-3:55-7:20-10:10 Mon-Thu 3:55-7:20-10:10
Resident Evil: Afterlife 3D (18A) Fri-Sun 1:35-4:35-7:35-10:20 Mon-Thu 4:35-7:35-10:20
Salt (PG) Fri-Thu 9:50
The Switch (PG) Fri-Sun 1:15-4:15-7:25-10:15 Mon-Thu 4:15-7:25-10:15
The Town (14A) Fri-Sun 12:25-3:35-7:10-10:25 Mon-Thu 3:35-7:10-10:25
Toy Story 3 (G) Fri-Sun 1:05-4:10-7:05 Mon-Thu 4:10-7:05
The Virginity Hit (14A) Fri-Sun 12:15-4:05-7:40-10:25 Mon-Thu 4:05-7:40-10:25
Wall Street: Money Never Sleeps (PG) No Passes Fri-Sun 12-12:45-3:30-4-7-7:30-10-10:30 No Passes Mon-Tue 3:30-4-7-7:30-10-10:30 No Passes Wed 4-7-7:30-10-10:30 No Passes Thu 3:30-4-7-7:30-10-10:30 Star & Strollers Screening, No Passes Wed 3
You Again (G) Fri-Sun 12:35-3:40-7:05-10:05 Mon-Tue 3:40-7:05-10:05 Wed 7:05-10:05 Thu 3:40-7:05-10:05 Star & Strollers Screening Wed 3

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SOME SEQUELS TAKE YEARS IN COMING

In Focus
RICHARD CROUSE
SCENE@METRONEWS.CA

This weekend's Wall Street: Money Never Sleeps took so long to hit screens that I would bet younger audience members may not even realize it is a sequel.

Twenty three years have passed since the original film won an Academy Award for lead actor Michael Douglas and a Razzie for supporting actress Daryl Hannah which means that many current second year university students weren't even born when Gordon Gekko made the words "Greed is good" famous.

Twenty-three years is a

stretch but it is more common than you think for years, and sometimes even decades to pass between source and sequel.

Return to Oz, based on the second and third Oz books and made 46 years after the classic MGM film, picks up the story six months after Dorothy returned to Kansas. The film held a Guinness Book of World Records notation as the sequel with the longest gap from its original until it was bumped off by Fantasia/2000, which came a whooping 59 years after Fantasia.

Not record breaking, but still substantial are The Color of Money, which trailed The Hustler by 25 years and An American Werewolf in Paris which bounded into theatres 16 years after An American Werewolf in London.

Sci-fi fans also had to wait 16 years for the follow up to 2001 A Space Odyssey. 2010: The Year We Make Contact featured a whole new cast (save for Douglas Rain who reprised his role as the voice of HAL 9000) but original director Stanley Kubrick was given a cameo of sorts. He can be seen as the Soviet premier on the cover of Time magazine.

Layered Enchilada Bake

PREP TIME: 20 MIN. ➤ TOTAL TIME: 1 HOUR
➤ MAKES: 8 SERVINGS, 1/8 RECIPE (349 G) EACH

What You Need

1 lb. (450 g) lean ground beef
1 large onion, chopped
2 cups chunky salsa
1 can (19 fl oz/540 mL) black beans, rinsed
1/4 cup *Kraft Zesty* Italian Dressing
2 Tbsp. chili powder
6 medium flour tortillas
1/2 cup sour cream
1 cup *Kraft Tex Mex* Shredded Cheese

Make it

HEAT oven to 400°F.

BROWN meat with onions in large skillet on medium-high heat; drain. Stir in next 4 ingredients.

PLACE 3 tortillas in single layer on bottom of 13x9-inch baking dish. Cover with layers of half each of the meat mixture, sour cream and cheese. Repeat layers; cover.

BAKE 40 min. or until casserole is heated through and cheese is melted, uncovering after 30 min. Let stand 5 min.

Special Extra Top with chopped tomatoes, shredded lettuce and chopped cilantro just before serving.

Nutrition Information Per Serving: 400 calories, 18g total fat, 8g saturated fat, 50mg cholesterol, 990mg sodium, 38g carbohydrate, 7g dietary fibre, 5g sugars, 23g protein, 15%DV vitamin A, 8%DV vitamin C, 15%DV calcium, 25%DV iron.

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Prostate Cancer Canada

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PVRTweets

***The Office* premiered last night. Do you prefer the American or British series?**

@LiannePerry Both great, but UK version reigns supreme!

@CarriToast Love the Brit version more, usa always cop(ie)s their shows & think they can do it better

@alohanico UK all the way. US version doesn't quite capture the tone of the original. Also: Ricky Gervais > Steve Carell

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Three decades of Genie action

Shatner had a lot to learn about Canada's film awards That didn't stop him from having fun hosting a look back in a one hour TV special

THE CANADIAN PRESS/CHRIS PIZZELLO

▶ William Shatner says Canada should be proud of its film industry.

William Shatner admits he doesn't know much about the Genie Awards.

He's never received one — he's never even been nominated for one — and he makes hay of that fact in a one-hour TV special celebrating Canada's biggest film prize that airs Friday on CBC.

The bit of buffoonery is a tongue-in-cheek nod to the Genies' fractured history with a Canadian public much more familiar with U.S. superstars and the ostentatious glitz of the Oscars south of the border.

"Not that many people watch the Genies," Shatner acknowledges in a phone interview earlier this week.

"I did everything I could to make it interesting, to make it fun," he says of the TV special, in which a boorish version of himself hosts the proceedings while clashing with crew members in a behind-the-scenes comedy bit.

"They came down from Toronto to Los Angeles and they came with a script ... and I just did everything I could to make it entertaining."

Kids in the Hall comic Dave Foley appears as the special's exasperated director, Alan Thicke plays a brown-nosing producer and Jason Priestley shows up as a possible host replacement for an out-of-control Shatner.

In between, clips from past Genie shows recall some of the most beloved Canadian productions of the last 30 years while homegrown film giants discuss their favourite homegrown features.

Director Atom Egoyan cites 1982's The Grey Fox as having a special place in his heart while actor Paul Gross jokingly cites his own films Men With Brooms, Passchendaele and Gunless as paramount before settling on 1970's Goin' Down the Road for being "one of the great films (that) sort of started us all off in many ways."

Shatner says Canada has much to be proud of.

"The film industry in Canada far exceeds in excellence what would be assumed given the population up there," he says.

THE CANADIAN PRESS

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Bike Shelf

CULTURE
Storing a bike when you live in a condo, apartment or small space isn't easy. Sure you can hang it on the wall, but most bike hangers are aesthetically challenged. Chris Brigham, who runs the site Knife & Saw, has designed an great, sleek-looking wooden rack that also doubles as a book shelves. He's apparently busily filling orders, $300 US for walnut and $270 US for ash.
Details: knifeandsaw.wordpress.com.

Big Bang Theory

DVD
With Jim Parsons recently winning an Emmy Award for his performance on The Big Bang Theory, you may be thinking twice about this nerd-com. Warner Brothers recently released the third season of the show, so converts to the series can now check out what all the fuss is about.

Mark Ronson

MUSIC
It looks like Mark Ronson means business — at least that is what he is calling his new album, The Business International. Out on Tuesday, the album was recorded in Brooklyn and features cameos from some of the music industry's elite.
Details: markronson.co.uk.

Let Me In

MOVIES
With Halloween a month away, Hollywood is starting to get into its fright zone. Leading the pack is Let Me In, the U.S. remake of the much-adored Swedish film Let the Right One In. Hitting theatres next Friday, the movie is being directed by Cloverfield-helmer Matt Reeves. I wonder if he is still into the shaky cam work that marked that monster tale?

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Metro pick

Marc Jacobs

Fashion Want to go shopping in a store without fear of the salespeople snubbing you? As promised, Marc Jacobs has launched his e-commerce site. Built to look like an actual store, the site features avatar salespeople who take you around and tell you about the products. While the store only features a few items, its still a clever idea.
marcjacobs.com. METRO

Absinthe

CULTURE
Drink connoisseurs who want to update their liquor cabinet with some new takes on old classics will want to pick up A Taste for Absinthe. The book features 65 contemporary recipes for the "green fairy" - as it was playfully known. Now, if I can only find a place that sells the stuff.

Leonard Cohen

CLASSIC
Leonard Cohen fans will love the release of Tony Palmer's classic film, Bird on a Wire. The DVD — released in time to mark Cohen's 76th year on earth - features footage from his 20-city European tour in 1972, along with four of his poems.
METRO

Mix of Six

Theatre
Don Quixote
Enjoy the centuries-old tale live at the Arts Club Theatre Company. In this rendition, the immortal quest has been re-imagined to provide audiences with a delightful physical comedy. 8 p.m. on the Granville Island Stage. Tickets are $29.

Music
Hip Hop 4 Peace
If you're ready to get your groove on and better the world, head down to the sixth Annual Hip Hop Festival for Peace. The three-day event is free, featuring local and international talent. It also offers community forums on youth activism, women's rights, and Indigenous struggles. Info: hiphopforpeace.blogspot.com.

Fundraiser
Canncer Fundraiser on Wheels
Start your engines … er, get your soap box cars rolling! Love to tinker? Love to race? Sponsor a racing team on Saturday and help the third annual Canary Derby raise its goal of $1 million for the early detection of cancer in B.C. Prizes for creativity, costumes, and crowd participation. This year's derby is at Deer Lake Park in Burnaby, car registration from 8-9 a.m. Races start at 11.

Showcase
Snow Show
Get geared up for this year's skiing and snowboarding season by heading down to the Vancouver Convention Centre this Saturday and Sunday for the seventh annual Show Show. The equipment swap begins at 10 a.m. Tickets are available at the door.

Music
Vancouver Symphony Orchestra
Take in the magic of music at the VSO's Opening Weekend at the Orpheum Theatre, 884 Granville St. This weekend guests can enjoy the beauty of Romantic French classics conducted by Bramwell Tovey, with Avan Yu on piano. Saturday's performance starts at 8 p.m. with tickets at $21.50 to $84.

Culture
Word On The Street
Spend your Sunday enjoying the 16th annual Word on the Street. Head down to Library Square and CBC Plaza to take in a full free day of indoor and outdoor events including: author readings, exhibits, performances, and reading and writing excitement.

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Bourdain in the Raw

Celebrity chef and acerbic epicure Anthony Bourdain has some kind words for Canadian gastronomy, saying it's at a "very high level" and the rest of the world should be more aware of that.

"I mean, the food here is good," the witty TV personality and author — known for his blunt culinary criticisms — said in an interview this week in Toronto, where he had a speaking engagement at Roy Thomson Hall and promoted his new best-seller Medium Raw.

"I don't really understand why, with all these really great chefs and great ingredients, why Canada doesn't have a higher international profile because it seems a natural," he continued between bites of a prosciutto sandwich in the office of HarperCollins Canada.

"I don't know whether it's a failure of promotion or what. I get a lot of shrugs, because it's something I'm asking chefs. They haven't really figured it out yet either, why that is."

Foie gras from Quebec's La Ferme Palmex is one of two "industry standards" in North America, he noted, while also praising Canada's cheese makers and Montreal-based chef Martin Picard, host of The Wild Chef on Food Network Canada.

"You should be sending these people out on the road ... and backing them up with money and products," said the Top Chef judge and host of the food-travel series Anthony Bourdain: No Reservations, which begins filming a new season next month.

Creating a "personality" is, for better or worse, a necessity these days for chefs due to the growing popularity of TV cooking shows and food bloggers, said Bourdain, 54, who's worked in kitchens around the world and written several other books.

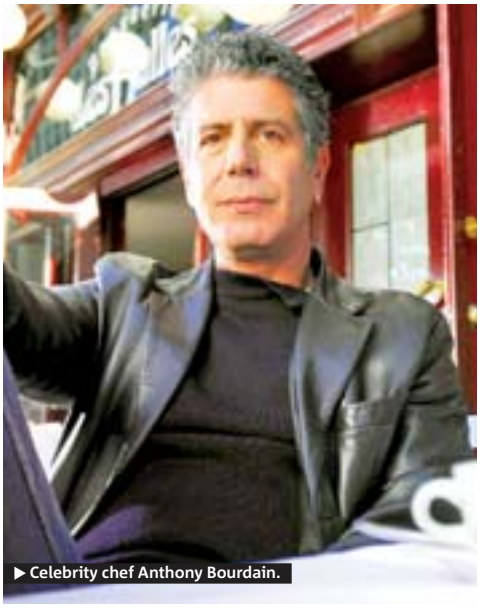
Bourdain also touches on that topic in Medium Raw: A Bloody Valentine to the World of Food and the People Who Cook, which came out in June.

Written with that biting Bourdain intellect that's made him a beloved "bad boy" of the culinary world, Medium Raw is a follow-up to his 2000 best-seller Kitchen Confidential, which took aim at some famous chefs and outlined lurking perils of eating out.

The new book updates fans on what's changed in the world of culinary science and food journalism, and in Bourdain's private life, since Kitchen Confidential came out.

THE CANADIAN PRESS

HANDOUT/THE CANADIAN PRESS

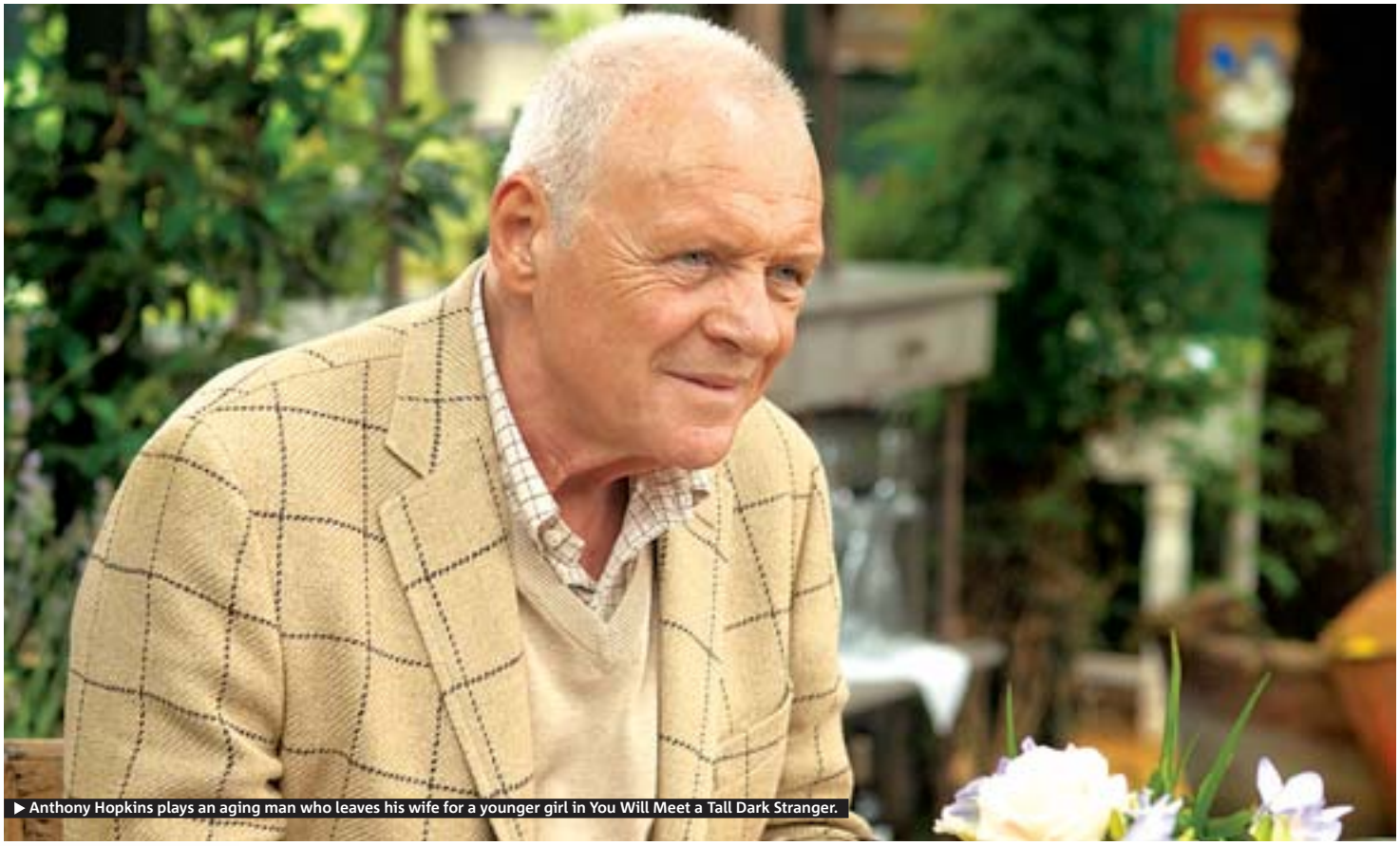


▶ Celebrity chef Anthony Bourdain.

Juicy stuff

- Medium Raw also offers juicy insider stories, "food porn" passages, Bourdain's thoughts on cookery trends and, of course, criticisms of a few food journalists and culinary celebrities. One chapter is devoted entirely to the hypocrisies Bourdain sees in California-based "food activist" Alice Waters.

Acting legend Hopkins in awe of Woody Allen **Stars in director's new film You Will Meet a Tall Dark Stranger**



Anthony Hopkins plays an aging man who leaves his wife for a younger girl in You Will Meet a Tall Dark Stranger.

ANTHONY'S WAY

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Sir Anthony Hopkins does a hilarious Woody Allen impression.

A noted mimic, Hopkins jumps into a stuttering, neurotic riff on the famous filmmaker with the littlest prodding.

"He's my favourite actor. I mean, I've watched him for 40 years," Hopkins says. "I think he's a genius. I don't know if he'd appreciate my impersonation."

And though Hopkins himself is something of an acting legend, he still gets starstruck.

"He's a great star," Hopkins says of his director. "He walks into a room and everyone stops, everyone wants to be with him. On the set, I had to get over the fact that it's Woody Allen. Whenever I was there, I thought, 'I can't believe I'm talking to Woody Allen.'"

It's no wonder his impression is so good, as Hopkins has had time to study: He stars in Allen's latest film, You Will Meet a Tall Dark Stranger, as Alfie, whose fear of mortality drives him to walk out on his marriage and pick up with a much younger gal.

"The part was an easy part for me to play because I'm that age," Hopkins admits.

"Although I went through my midlife crisis some years back. Whatever that means. Is there such a thing? I guess there is. For men, especially.

When pressed about how exactly he relates to Alfie, the celebrated actor isn't afraid of offering an embarrassing anecdote or two.

"My wife is younger than me, so she always wants me to look good. So I stay in shape and I diet and I do all of that stuff, because she wants me to be around for a long time," he says.

"But she said, 'Do you know what would be fun?' We were about to exchange a car. We had a car which was falling apart. She said, 'How about a Porsche?' I said, 'OK, a Porsche.' So this Porsche arrived, and I couldn't even get into it."

Trouble with sports cars aside, Hopkins isn't fazed by getting older. In fact, he welcomes it.

"He walks into a room and everyone stops ... On the set, I had to get over the fact that it's Woody Allen."
SIR ANTHONY HOPKINS

"I'm going to be 73 at the end of this year, and I'm glad I'm not young anymore. My wife likes to watch Access Hollywood. I'm watching thinking, 'God almighty, how boring,'" he says with a laugh. "I'm glad it's all over. I've done it."

As it turns out, this new outlook extends beyond the entertainment industry to the world at large for Hopkins.

"It's always been a tough place," he says. "I was watching the news the other day, and I thought, 'I've heard all this before.' And then the commercial breaks come and you switch to something else, another news channel, switch to a film you know, then back to the same. And everyone's got this look on their faces like, 'How worried should we be? Maybe an asteroid's going to crash into the Earth.' And I just think, 'Shut up. Just shut up.'"

When the Law comes calling

- Movie star Howard shifts to TV with role in Law & Order: Los Angeles
- Not a negative career move: Actor

IAN JOHNSTON
SCENE@METRONEWS.CA

Terrence Howard says he's aware television can be viewed as a negative career move for a movie actor. But when the TV show is Law & Order: Los Angeles, the opportunity can be too good to resist.

"The only hesitation is from yourself — the fear that someone is going to think that your brand is diminished in someway," says Howard, who made a brief stop in Toronto to promote the new series.

"But your brand actually expands when you get to work with someone like (Law and Order creator) Dick Wolf. There's a huge gap between so-called writing and true writing. You actually treasure a call from someone who stands for the truth."

Howard — best known for movies like Hustle and Flow, Crash and Iron Man — says he looks forward to the rigors of making a weekly TV series.

"Instead of sitting for three, four months between films and getting stale, my (acting) chops are getting sharper on a day-to-day basis. And I'm also able to grow as a person because there's a confidence that comes from knowing you have a job."

"Instead of sitting for three, four months between films and getting stale, my (acting) chops are getting sharper on a day-to-day basis. And I'm also able to grow as a person because there's a confidence that comes from knowing you have a job."
TERRENCE HOWARD

In the new L&O series, Howard plays Deputy District Attorney Joe Dekker alongside Deputy DA Alfred Molina.

As for plot, it's the same police/courtroom premise, albeit with a decidedly different class of criminals and court cases. Howard says that while the New York-based Law and Order was inspired by the headlines of the blue collar New York Post, Los Angeles L&O will use celebrity-obsessed tabloids for inspiration.

"Now you'll be able to see the story behind every word of The Enquirer," he says. "Instead of picking up The Star, you can watch Law and Order and see the re-enactment."

Since his Oscar nom for Hustle and Flow in 2005, Howard's career has been a busy one. Upcoming projects include Winnie, in which Howard plays Nelson Mandela opposite Jennifer Hudson. Still, Howard's success has come with a downside.

"The opportunity for work is there but the greater disappointment is also there," says Howard.

"It's the same game. You're still basically auditioning. You just don't have to show up in the room."

Law and Order: Los Angeles premieres September 29 at 10 p.m. on CTV.

▶ Terrence Howard will be appearing in the Los Angeles version of Law & Order.

▶ Terrence Howard has played major roles in films such as Hustle & Flow and Crash.

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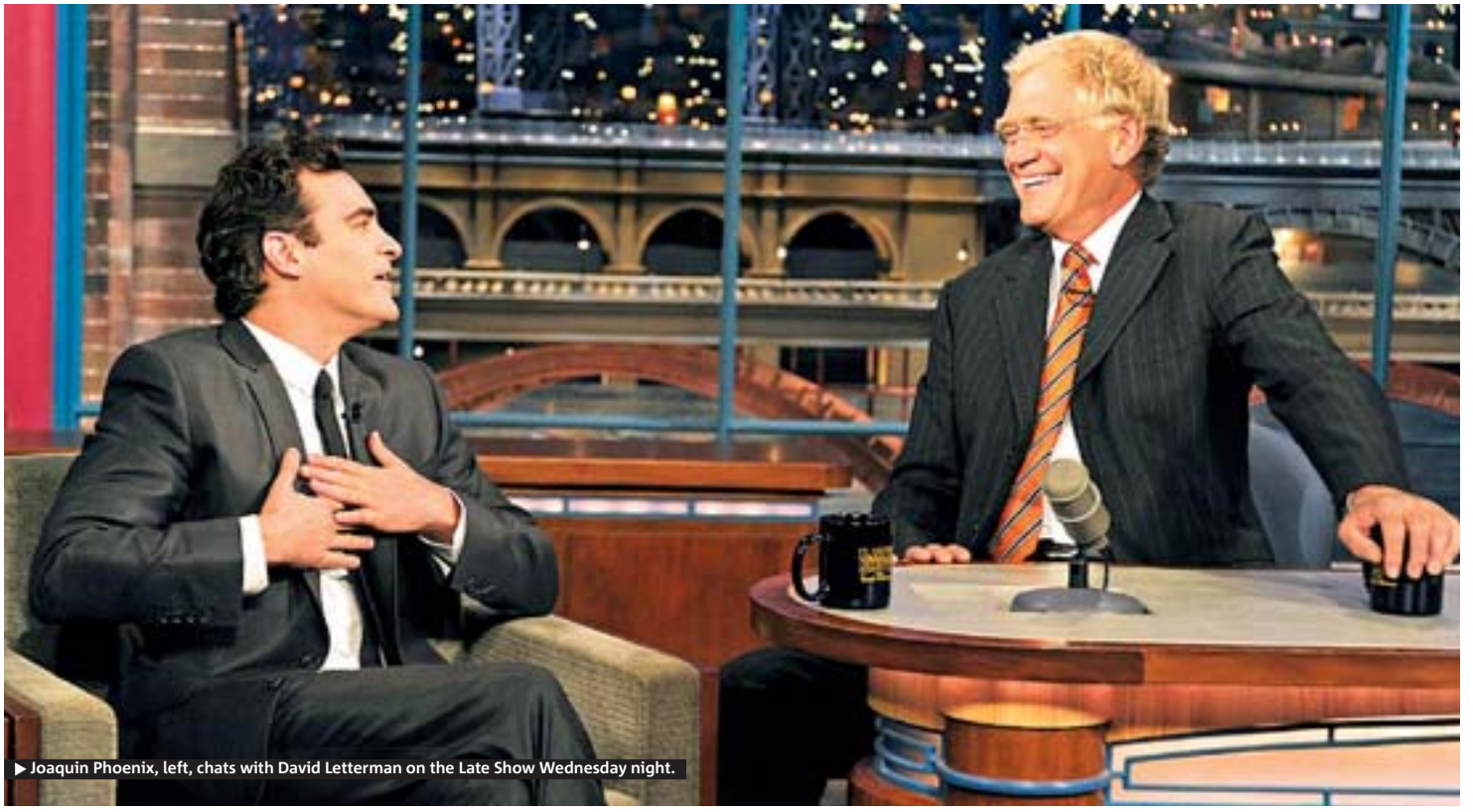

▶ Joaquin Phoenix, left, chats with David Letterman on the Late Show Wednesday night.

Star's infamous bearded look, rap aspirations part of 'performance art' ◐ Phoenix apologizes on Letterman

Actor Joaquin Phoenix returned to David Letterman's Late Show on Wednesday to apologize for his wacky appearance last year that turned out to be an elaborate piece of performance art.

"You've interviewed many, many people and I assumed that you would know the difference between a character and a real person, so — but I apologize," Phoenix said. "I hope I didn't offend you in any way."

No offence taken, Letterman replied. The chance to lob jokes at Phoenix was like batting practice, he said.

"Every one of them was a dinger," he said.

"I assumed that you would know the difference between a character and a real person, so — but I apologize."
JOAQUIN PHOENIX TO DAVID LETTERMAN

Phoenix was clean-cut and shaven Wednesday, without the shaggy beard, unruly hair and sunglasses he wore on Feb. 11, 2009, when he told a befuddled Letterman that he was giving up acting for a rap career. Describing that appearance on Wednesday, Letterman said it was "like you slipped and hit your head in the tub."

Instead, Phoenix was playing a role for filmmaker friend Casey Affleck. The fake documentary on Phoenix's "career change," called I'm Still Here, just hit theatres.

At Letterman's urging, Phoenix made clear that the talk-show host was not in on the joke.

"We'd hoped to come on a talk show," Phoenix said with a laugh, "and I was looking for a beat down, and I got one ... I want to thank you for that."

Phoenix, who said the experience of making the movie was "really gratifying," revealed that Affleck was angry with him for briefly taking off his sunglasses at the end of the appearance as he was shaking Letterman's hand.

"I was eager to thank you for the opportunity and I was really eager to get off the show," he said.

Affleck, who appeared with Jay Leno on the Tonight show Tuesday, said no one from Hollywood called to express concern about Phoenix when he was acting strangely.

"Afterward, the movie comes out, the critics like to say, 'this is crazy, this is disturbing, this is sick,'" he said. "But while it's happening, people were happy just to mock him and make fun of him."

Letterman, who became a key part of the movie, said that, "somehow I get the sense that I had been made fun of." He told Phoenix that "now I want some money" and demanded $1 million dollars for his role in the ruse.

Phoenix promised to "work it out" and asked to talk about it privately.

"We'll go to one of your screenings," Letterman shot back. Maybe the demand for money was Letterman's own version of performance art. Or maybe not.

THE ASSOCIATED PRESS

▶ Joaquin Phoenix during his headline-making, spaced-out appearance on Letterman last year.

FRANK GUNN/THE CANADIAN PRESS

▶ Daniel Lanois spends time in his studio in Toronto.

I'm made of the studio, Lanois says

Even near fatal crash can't stop Canadian producer, musician

Nestled in an industrial corridor of Toronto's west side, a low-slung old building with chipped off-white bricks and a bright red door conceals Daniel Lanois's new cathedral of sound.

The building used to be a Buddhist temple. Lanois bought it years ago and renovated it, and he's here now preparing for his ambitious Nuit Blanche installation.

He's also only a few days away from the release of Neil Young's Le Noise, which Lanois produced, and a little over a month from the debut release from Lanois's Black Dub outfit.

It seems like a lot for someone still recovering from a near-fatal motorcycle accident, but Lanois says he wouldn't have it any other way.

"I'm made of the studio," he says with a smile.

How much time is he spending there, exactly?

"How much time am I spending in the studio? I don't know — 47 years?" he replies with a laugh.

"I think if you were to open me up you'd probably find equipment in there."

The healing process since Lanois's June accident has been a long one.

The crash occurred as Lanois navigated the scenic Silverlake enclave of Los Angeles atop his dazzling BMW HP2 Megamoto — a two-cylinder Supermoto with a sleek blue frame and white tank.

Suddenly, a car in front of him pulled into the parking lot of a variety store and Lanois hopped up onto the curb to evade the other driver. He smashed into a telephone box and when he came to, he was lying on the sidewalk while onlookers called for an ambulance.

Lanois suffered a fractured collarbone and pelvis, six broken ribs and a troublesome amount of internal bleeding.

Now, he's mobile again after months of physiotherapy and some time in a wheelchair.

He's still dealing with ramifications from the incident. He says there's a twist in the bone on eight different ribs, which didn't mend properly. His lung capacity isn't what it used to be either, though he says that he expects to recover from the internal bleeding with time.

The Quebec-born, Hamilton-raised superproducer — best known for his work with U2 and Bob Dylan — says he now has good days and bad. This was a bad day, but he shrugged away expressions of concern.

▶ Daniel Lanois, known for his work with U2 and Bob Dylan, was inducted into the Canadian Walk of Fame in 2005.

"I think we'll be all right," said Lanois, clad in a grey cashmere V-neck sweater and black skinny jeans, with his shaggy beard inching up to the edges of his cheekbones.

"I just want to keep doing good work. That's what I do. Or hopefully."

Lanois is particularly proud of his Black Dub collective, whose debut release is expected to drop in November.

The project seamlessly integrates elements of dub, trip hop, soul and rock. It occasionally brings to mind the alley-crawling din of The xx or Portishead, but vocalist Trixie Whitley's unchained vocals lend the self-titled record a unique feel.

The album was recorded largely live off the floor, without overdubs. Lanois says he was able to work that way mostly because of Whitley, whom the producer has known since she was two years old. He said her talent made studio trickery unnecessary.

"I was a friend of her dad's and that's really the connection," said Lanois, referring to the late musician Chris Whitley, who died in 2005.

"It was a chance encounter with Trixie and her mom in Belgium when Brian Blade and I had a show out there. She said, 'I'm singing now.' I heard her sing, and she was a very special singer and all-around writer, a great writer — just a force, a great force."

Whitley will join Lanois in Toronto for his Oct. 2 performance at Nuit Blanche, an all-night art festival which features installations across the city.

THE CANADIAN PRESS

Sonic art

▶ Lanois will place 24 speaker towers around Nathan Phillips Square in downtown Toronto to create what he calls "an enchanted forest of sonics and visuals." The multi-disciplinary installation will require him to perform for 12 hours straight. "I might have to take a leak every now and then, but I'll be there," he vows.

Chesney raises glass

Country superstar's new album Hemingway's Whiskey out soon

GETTY IMAGES

▶ Kenny Chesney

Kenny Chesney said he was taking a break. He didn't say he was taking it easy.

Just about everybody assumed country music's top-drawing act would really slow down after he made the surprising announcement he was taking the year off from touring. After all, who should know more about relaxing than country's Caribbean cowboy, the man who rivals Jimmy Buffett when it comes to songs about sandy beaches and frosty beverages?

Buddy Cannon knew better, though.

"Hopefully when people listen to Hemingway's Whiskey, they can feel it's pretty fresh sounding."
KENNY CHESNEY

"Knowing him the way I do, I didn't really see him taking a yearlong rest," Chesney's longtime producer said. "He ended up working more than he would've worked had he been out on tour."

The problem? After more than 15 years of constant motion, Chesney is proving he really doesn't know how to relax.

Sure, he visited a few exotic locales and logged some time on his boat. But his What I Did On My Summer Vacation essay includes precious little actual vacation. He compulsively filled his time by making two movies — a 3-D concert film, which came out last spring, and the Boys Of Fall football documentary, which recently aired on ESPN (a longer version will be released at a later date).

He also made one labour-intensive album, Hemingway's Whiskey, which comes out next week. It was a rewarding experience, but Chesney admits he still needs a lot of saltwater therapy. Yet, Chesney did not appear at low ebb during a pair of recent interviews. He was excited about his new projects.

Chesney and Cannon began working on songs for the album in January 2009. Chesney came off the road later that year in October and really started tinkering, taking the album in unexpected directions. At one point, Cannon thought they were done. But Chesney decided he wasn't happy with the songs and they pitched about half the album. Soon after the call went out for songs on Music Row.

"Having more time and having the whole town pitch us every new song they got for eight or nine months couldn't do anything but help raise the bar," Cannon said.

THE CANADIAN PRESS

Sesame Street pulls Katy Perry

Saucy singer deemed too risqué for young viewers after wearing low-cut top during taped segment

Katy Perry's planned visit to Sesame Street has been cancelled.

The pop singer filmed a segment for the famed children's show wearing a low-cut, bustier-style top, igniting a storm of angry comments when the taped segment was previewed on YouTube, with some viewers claiming she exposed herself.

The clip has drawn thousands of hits since being posted on YouTube.

"In light of the feedback we've received on the Katy Perry music video, which was released on You Tube only, we have decided we will not air the segment on the television broadcast of Sesame Street, which is aimed at preschoolers," reps for the show said in a statement.

The segment, in which Perry — wearing a flowered veil — chases Elmo, was earmarked for the show's upcoming 41st season.

Other celebrities scheduled to appear as guests on the long-running children's series this season, which begins Sept. 27, include talk show host Oprah Winfrey, actor Colin Farrell and singer Usher. THE ASSOCIATED PRESS

Franco not a Twilight fan

James Franco admits he has read the Twilight books.

"I wouldn't say I enjoy them, but I'm fascinated with them," Franco says. One part of the series he definitely didn't like came in the fourth volume, Breaking Dawn, when main characters Bella and Edward finally consummate their relationship.

"I got to the sex scene, but it was so brief, I didn't even know," he says. "It was kind of a letdown after all that buildup." METRO

▶ James Franco

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Talking points

Are they back on again?

ROMANCE? With his Twitter account shut down, John Mayer is turning to his official reps to address rumors that he and Jennifer Aniston are dating again. "John is single. These reunion rumors are 100-percent fabricated," says his rep. METRO

Pattinson too 'nice' to judge

REALITY DREAM. Twilight star Robert Pattinson admits he'd love to sit in on X-Factor, but he thinks he's just too much of a nice guy for the singing competition reality show. "It would be one of the best things ever to get paid for handing out Simon Cowell-style insults for the day," he says. "I wouldn't want to be one of the nice guys, I'd want to be like Simon — otherwise it's no fun." METRO

Cyrus shuts down rumors

NO ENGAGEMENT. Miley Cyrus may be back together with Liam Hemsworth, but she's not necessarily looking to settle down.

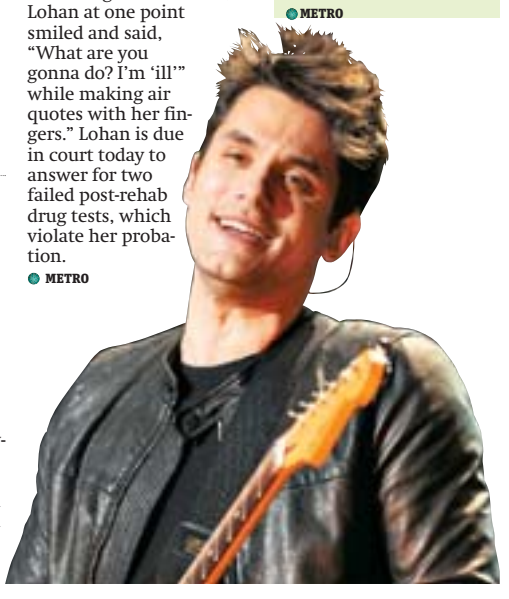
"I definitely don't want people to think I'm trying to get married anytime soon," she says in a YouTube video to her fans. "I'm way too driven right now, first of all. I'm 17, it's ridiculous, and second of all, I've got so much work I want to get done. I have so much to do, there's no way it's happening."

While stressing that she still lives with her parents, she adds, "I'm not engaged, I'm not getting married anytime soon. I don't need to do anything but sit and chill and enjoy life." METRO

One big joke for Lohan?

SOBRIETY. Lindsay Lohan may not be taking her current legal woes seriously, as sources say she was drinking and laughing while composing her Twitter confessional at a Los Angeles restaurant last week. "Her friend would say, 'No, use setback. Don't say mistake. They'll say you make mistakes all the time'," the source says, adding that Lohan responded by giggling and having her assistant order her another Jack and Coke.

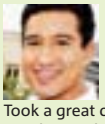
According to the source, Lohan at one point smiled and said, "What are you gonna do? I'm 'ill'" while making air quotes with her fingers." Lohan is due in court today to answer for two failed post-rehab drug tests, which violate her probation. METRO



Celebrity tweets

David Archuleta [@David Archie] A cute little old lady comes up and pokes me. "I just needed to touch you so I could tell my granddaughters" haha

Sam Ronson [@samantharonson] I have a confession to make ... I've never watched an episode of Glee, and I'm pretty sure I never will.



Mario Lopez [@MarioLopezExtra] Took a great circuit training class with my bro-in-law. Sprints, power lifts ...

Steve Martin [@SteveMartinToGo] Reading other people's Tweets, I think I'm getting the hang of it now. 9:23 a.m.: cleaning toenails.

METRO

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393

Fall grilling perfect for burgers

Grilling season isn't over yet and these inside-out sirloin bacon cheeseburgers would be a tasty treat during a fall weekend.

The cheese is taken underground for easier grill management.

Preparation:

Bacon Cheeseburgers

1. In a bowl, combine beef, egg, garlic, cheese, bacon, breadcrumbs, onion, Worcestershire Sauce and rosemary.
2. Divide meat into six portions. Form into two-centimetre (3/4-inch) thick patties. Make a thumb-print depression in centre of each patty (to prevent rounding while they grill).
Make ahead: Refrigerate, covered for one hour or up to one day.
3. Grill over medium heat on preheated, oiled grill for five to seven minutes per side, testing doneness with a digital instant-read thermometer inserted sideways into centre of each patty to ensure patties are cooked to 71 C (160 F).
Top with melted mushrooms and onions (if desired).

THE CANADIAN PRESS

▶Inside out sirloin bacon cheeseburgers, shown, are ideal for fall grilling.

Tasty Topping

1. Combine one sweet onion (such as vidalia), sliced, 500 millilitres (two cups) sliced mushrooms and 15 ml (1 tbsp) olive oil. Season with salt and pepper to taste; cook, stirring occasionally in non-stick skillet over medium heat for 10 to 15 minutes or until vegetables are golden and tender. Stir in 30 ml (2 tbsp) steak sauce, heat through.
Makes 6 servings.

THE CANADIAN PRESS

Ingredients :

Bacon Cheeseburgers

- 500 g (1 lb) lean ground beef sirloin
- 1 egg, lightly beaten
- 1 clove garlic, minced
- 125 ml (1/2 cup) shredded aged cheddar cheese
- 50 ml (1/4 cup) diced bacon (uncooked)
- 50 ml (1/4 cup) breadcrumbs
- 50 ml (1/4 cup) minced onions
- 30 ml (2 tbsp) worcestershire Sauce
- 5 ml (1 tsp) minced fresh rosemary

Dessert trends

The trend to using shot glasses for everything from soup to desserts is really catching on.

Using 75-ml (2 1/2-oz) shooters, pound cake, blueberries and lemon curd are layered and topped with whipped cream. Your guests will love them.

Preparation:

Blueberry Lemon Shooters

1. Into 12 shot glasses, layer half of the cake crumbs, lemon curd and blueberries. Repeat. Top with a swirl of whipped cream. Refrigerate until ready to serve.

Makes 12 servings.

THE CANADIAN PRESS

Ingredients :

Blueberry Lemon Shooters

- 375 ml (1 1/2 cups) pound cake crumbs
- 375 ml (1 1/2 cups) prepared lemon curd
- 375 ml (1 1/2 cups) fresh blueberries
- 250 ml (1 cup) whipped cream

THE CANADIAN PRESS

▶ Blueberry Lemon Shooters

3 life

Super Food

Tamarind

Tamarind pulp is eaten to promote good digestion and is a good source of fibre. It contains high level of vitamin C for a strong immune system, helping ward off colds and suppressing fever. The fruit pulp is also a great source of antioxidants, a natural defence against cancer. Furthermore, it's a great way of getting more potassium and magnesium in your system.

ROMINA MCGUINESS

Are food exports coming into Canada meeting safety requirements? Scan code for story.

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Dive into kid friendly pasta

This gnocchi dish takes only minutes and will be a hit with all ages Easy to substitute in ingredients

This kid and adult pasta dish is ready in 20 minutes and it covers all food groups.

Another advantage of the dish is that it can easily be varied.

Kid friendly pasta

Preparation:

Stove-Top Gnocchi

1. In a large saucepan, bring water to boil. Add broccoli and gnocchi; cook for 4 minutes or until gnocchi floats. Drain and set aside.
2. Whisk flour, mustard, salt and pepper into milk; set aside.
3. Meanwhile, in a large frying pan, heat oil over medium-high heat. Add garlic, mushrooms and ham; cook for 5 minutes or until mushrooms are tender.
4. Add gnocchi and broccoli; cook for 2 minutes. Add milk mixture; bring to a boil. Reduce heat and simmer for 3 minutes. Remove from heat. Sprinkle with Parmesan cheese.

THE CANADIAN PRESS

Ingredients :

Stove-Top Gnocchi

- 750 ml (3 cups) broccoli florets
- 1 500-g pkg potato gnocchi
- 15 ml (1 tbsp) each all-purpose flour and Dijon mustard
- Salt and pepper, to taste
- 375 ml (1 1/2 cups) 2 per cent milk
- 15 ml (1 tbsp) olive oil
- 2 cloves garlic, minced
- 375 ml (1 1/2 cups) chopped mushrooms
- 175 ml (3/4 cup) smoked ham
- 250 ml (1 cup) grated Parmesan cheese

COOK UP DINNER WITH A SIDE OF ENERGY SAVINGS

When you cook delicious meals, you can still get the most out of all your flavours, while trying to use the least amount of energy. In fact, whether it's at our home, at our business, or even when commuting in between those two, we're keen conservationists. That's why we joined Team Power Smart and we invite you to do the same.

It's easy to do our part. Plus most of all, it's amazing how all the small changes we make... really add up. From our kitchen to yours, we hope you enjoy this recipe from our new cookbook—and discover how tasty conserving energy can be!

Vikram Vij and Meeru Dhalwala
Team Power Smart Members and Owners of Vij's Restaurant, Vancouver, BC

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REMEMBER TO ADD A DASH OF ENERGY SAVINGS!

If your lifestyle makes it difficult to plan meals far enough ahead to use a crockpot, try a pressure cooker. Pressure-cooking is fast, saves energy and cooks the nutrients into your food. By using steam pressure, it cooks at a higher temperature and reduces cooking time.

MUSHROOM MEDLEY IN POTATO CURRY

Serves 6 / **Prep and Cooking time:** 45 minutes + 45 minutes to boil potatoes

INGREDIENTS

1 ½ lbs potatoes, unpeeled
5 cups water
½ cup cooking oil
1 Tbsp cumin seeds
3 Tbsp finely chopped garlic (9 medium cloves)
3 Tbsp finely chopped ginger
1 Tbsp salt
2 ½ Tbsp ground coriander
1 Tbsp crushed cayenne pepper
1 tsp turmeric
2 ½ cups buttermilk
6 oz mushrooms, chopped

COOKING METHOD

Combine potatoes and enough of the water to cover them in a large pot on high heat and bring to a boil. Cover, reduce the heat to medium and boil for 45 minutes, or until potatoes are soft but not mushy when pierced with a knife. Drain potatoes and set aside to cool. Once potatoes are cool, use your fingers or a sharp knife to peel off and discard the skins. Roughly mash the potatoes using your fists or a potato masher. (Be sure to leave the potatoes a bit chunky, as you want some texture in the soup.) In a large heavy-bottomed pot, heat oil on medium-high for 45 seconds. Add cumin seeds and allow them to sizzle for 30 seconds. Add garlic and sauté for 1 to 2 minutes, or until golden. Stir in ginger and sauté for 30 seconds, then add salt, coriander, cayenne and turmeric, and sauté for 1 minute. Reduce the heat to low, stir in potatoes and mix well. Increase the heat to medium-high, add the remaining water and stir thoroughly. Bring to a boil and reduce the heat to low. Pour buttermilk into a large bowl (or the same one in which you kept the potatoes). To prevent the soup from separating, use a ladle to spoon about 2 cups of the hot potato curry into the buttermilk. Whisk the mixture until it is well combined. Carefully spoon all of the buttermilk into the pot of curry. Using the whisk, mix well, and, stirring continuously, bring to a boil on low heat. Add mushrooms and cook for about 2 minutes, or until slightly wilted. Remove from the heat and serve immediately.

From the book *Vij's at Home—Relax, Honey: The Warmth and Ease of Indian Cooking* © 2010, by Meeru Dhalwala and Vikram Vij. Published by Douglas and McIntyre an imprint of D&M Publishers Inc. Photographs by John Sherlock. Reprinted with permission of the publisher.

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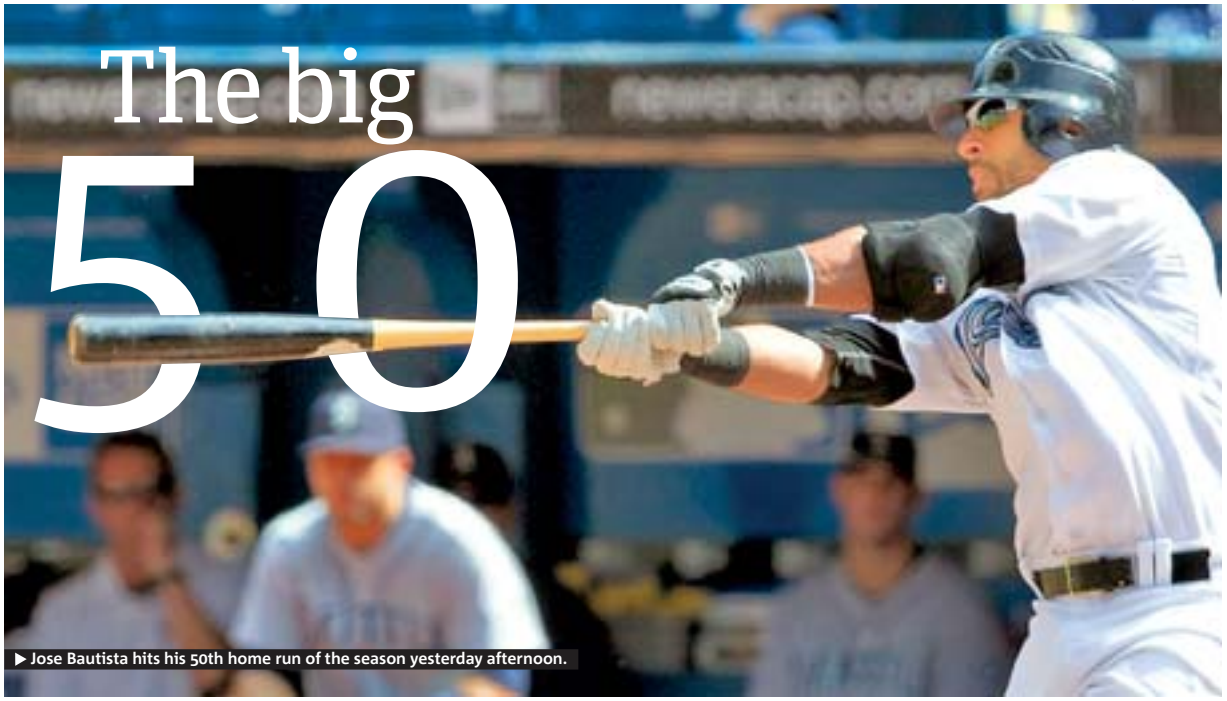
FRANK GUNN/THE CANADIAN PRESS

The big 50



▶ Jose Bautista hits his 50th home run of the season yesterday afternoon.

Jose Bautista swings the bat with all his might, turning on pitches with a brute force that sends scorching line drives hundreds of feet away.

Ichiro Suzuki swings the bat like a tennis racket, angling pitches to open spots on the baseball diamond.

Thursday afternoon, before a sparse gathering of 12,590 at the Rogers Centre, the two vastly different right-fielders each reached rare and significant milestones.

Bautista became just the 26th player to reach the 50-homer plateau with a solo shot in the first inning to provide the difference in the Toronto Blue Jays' 1-0 victory over the Seattle Mariners. Later, Suzuki joined him in the spotlight as the first player with 10 consecutive 200-hit seasons, thanks to a double in the third and a single in the fifth.

"Quite a day," understated Blue Jays manager Cito Gaston, "a day I'll always remember."

Their paths to history are as contrasting as their styles.

Suzuki was a star in Japan who signed for big money with Seattle to come to North America to conquer the big leagues in 2001.

Bautista, on the other hand, was on the verge of a journeyman's career after the Pittsburgh Pirates gave up on him in 2008, but found a rebirth in Toronto.

"I came to this organization in a critical point of my career, I needed another chance and I found it here," said Bautista. "Maybe not right away, but eventually. Ever since I got here, they told me that they believe in my ability and I believed in myself as well.

"That, and the changes I made in the approach and the swing ultimately led to the success."

While Bautista is comfortable in the spotlight, Suzuki is not, reluctant to do interviews despite the cumbersome horde of Japanese media that follows his every move. He joins Pete Rose as the only players with 10 seasons of 200 or more hits, although the all-time hits leader needed 14 years to get it done.

"I don't know Pete Rose very much as a human being and as a player I've never actually seen him with my own eyes," Suzuki replied through an interpreter when asked about being tied to Rose in the record books. "I guess I can say I don't care."

Their feats far overshadowed a crisp, well-pitched ball game, with Shawn Hill of Georgetown, Ont., outduelling Cy Young Award candidate Felix Hernandez.

Hill (1-2), working his way back from a second elbow-ligament replacement surgery, earned his first win since April 10, 2009, with five shutout innings and a career-high tying seven strikeouts. Four relievers, including Kevin Gregg in the ninth for his 35th save, helped lock down the win for the Blue Jays (77-75) over the Mariners (58-94).

Hernandez (12-12) made only one major mistake — No. 50 for Bautista — in eight innings of two-hit ball. He walked four and struck out five.

THE CANADIAN PRESS

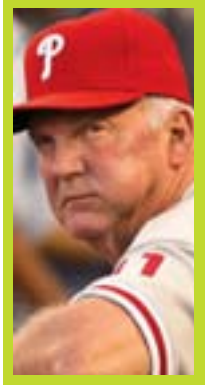
A rare feat

More about Jose Bautista's remarkable season.

- The 29-year-old, who had just 13 home runs last season and a career high of 16 in 2006, is the first player to reach 50 in a season since Alex Rodriguez (54) and Prince Fielder (50) in 2007.
- Bautista's year-to-year increase in home runs of 37 is the second largest in baseball history according to Stats Inc. Davey Johnson upped his total by 38 from 1972-73, going to 43 from five.
- Bautista's memorable season includes seven multi-home run games, 23 solo shots, 20 two-run blasts, six three-run drives and one grand slam.
- He broke George Bell's club record of 47 last Friday in Boston.

4 sports

Quoted



"Whoever pitches good on that night. We have some good pitchers. To say which one is the ace ... I like all three of our top ones."

PHILLIES MANAGER CHARLIE MANUEL DUCKS THE QUESTION OF WHO HIS TEAM'S TOP PITCHER IS HEADING INTO THE PLAYOFFS – ROY HALLADAY, ROY OSWALT OR COLE HAMELS

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
New York	92	61	.601	—	—	5-5	L-2	51-27	41-34
Tampa Bay	91	61	.599	½	—	5-5	W-2	46-29	45-32
Boston	84	68	.553	7½	7	6-4	W-1	44-34	40-34
Toronto	77	75	.507	14½	14	5-5	W-1	41-34	36-41
Baltimore	61	91	.401	30½	30	6-4	L-1	34-43	27-48

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	60	.605	—	—	8-2	W-3	52-25	40-35
Chicago	80	72	.526	12	11	2-8	W-1	40-34	40-38
Detroit	77	75	.507	15	14	6-4	W-1	49-29	28-46
Kansas City	63	89	.414	29	28	5-5	W-1	34-40	29-49
Cleveland	62	91	.405	30½	29½	4-6	L-5	32-43	30-48

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	84	68	.553	—	—	5-5	L-1	48-26	36-42
Oakland	77	75	.507	7	14	6-4	W-1	47-31	30-44
Los Angeles	75	77	.493	9	16	6-4	L-1	40-35	35-42
Seattle	58	94	.382	26	33	3-7	L-1	35-42	23-52

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	92	61	.601	—	—	10-0	W-10	51-27	41-34
Atlanta	86	67	.562	6	—	4-6	L-3	52-23	34-44
Florida	76	76	.500	15½	9½	3-7	L-1	38-39	38-37
New York	74	78	.487	17½	11½	4-6	L-5	44-30	30-48
Washington	65	88	.425	27	21	5-5	W-3	38-37	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	86	67	.562	—	—	5-5	L-1	45-30	41-37
St. Louis	78	74	.513	7½	7½	4-6	W-1	46-28	32-46
Houston	73	80	.477	13	13	5-5	L-3	41-37	32-43
Milwaukee	71	81	.467	14½	14½	5-5	W-2	38-40	33-41
Chicago	69	83	.454	16½	16½	7-3	L-1	34-44	35-39
Pittsburgh	53	99	.349	32½	32½	5-5	L-1	38-40	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	86	67	.562	—	—	6-4	W-1	45-30	41-37
San Diego	85	67	.559	½	½	5-5	L-1	42-32	43-35
Colorado	82	69	.543	3	3	5-5	L-3	51-24	31-45
Los Angeles	74	79	.484	12	12	3-7	W-1	43-35	31-44
Arizona	61	91	.401	24½	24½	4-6	W-2	37-40	24-51

x-clinched division

AMERICAN LEAGUE

Yesterday's results
Toronto 1 Seattle 0
Kansas City 4 Cleveland 2
Tampa Bay 10 N.Y. Yankees 3
Oakland 5 Texas 0

Wednesday's results
Seattle 6 Toronto 3
Minnesota 5 Cleveland 1
Chicago White Sox 4 Oakland 3
Detroit 4 Kansas City 2
Tampa Bay 7 N.Y. Yankees 2
Boston 6 Baltimore 1
Texas 2 L.A. Angels 1 (12 ings)

Tonight's games
Boston (Beckett 5-5) at N.Y. Yankees (Pettitte 11-2), 7:05 p.m.
Kansas City (Hochevar 6-5) at Cleveland (Tomlin 4-4), 7:05 p.m.
Minnesota (Liriano 14-8) at Detroit (Verlander 17-8), 7:05 p.m.
Baltimore (Tillman 1-4) at Toronto (Cecil 13-7), 7:07 p.m.
Seattle (J.Vargas 9-11) at Tampa Bay (Niemann 10-7), 7:10 p.m.
Chicago White Sox (F.Garcia 11-6) at L.A. Angels (Pineiro 10-7), 10:05 p.m.
Texas (Tom.Hunter 12-4) at Oakland (Cramer 2-0), 10:05 p.m.

Tomorrow's games
Baltimore at Toronto, 1:07 p.m.
Texas at Oakland, 4:05 p.m.
Boston at N.Y. Yankees, 4:10 p.m.
Kansas City at Cleveland, 7:05 p.m.
Minnesota at Detroit, 7:05 p.m.
Seattle at Tampa Bay, 7:10 p.m.
Chicago White Sox at L.A. Angels, 9:05 p.m.

NATIONAL LEAGUE

Yesterday's results
St. Louis 9 Pittsburgh 2
Washington 7 Houston 2
San Francisco 13 Chicago Cubs 0
Milwaukee 8 Florida 3
Colorado at Arizona
L.A. Dodgers 3 San Diego 1

Wednesday's results
Philadelphia 1 Atlanta 0
Washington 4 Houston 3
Pittsburgh 11 St. Louis 6
Florida 7 N.Y. Mets 5
Chicago Cubs 2 San Francisco 0
Milwaukee 13 Cincinnati 1
Arizona 8 Colorado 4
San Diego 3 L.A. Dodgers 1

Today's games
St. Louis (Wainwright 19-11) at Chicago Cubs (Gorzelanny 7-8), 2:20 p.m.
Atlanta (T.Hudson 16-8) at Washington (Zimmermann 0-2), 7:05 p.m.
Houston (Myers 13-7) at Pittsburgh (Ja.McDonald 4-5), 7:05 p.m.
N.Y. Mets (Dickey 11-7) at Philadelphia (Blanton 7-6), 7:05 p.m.
Florida (A.Miller 1-3) at Milwaukee (M.Rogers 0-0), 8:10 p.m.
San Francisco (Lincecum 14-10) at Colorado (J.Chacin 9-9), 8:10 p.m.
L.A. Dodgers (Kershaw 12-10) at Arizona (Enright 6-5), 9:40 p.m.
Cincinnati (Arroyo 16-10) at San Diego (C.Young 1-0), 10:05 p.m.

Tomorrow's games
Atlanta at Washington, 1:05 p.m.
St. Louis at Chicago Cubs, 1:05 p.m.
Cincinnati at San Diego, 4:10 p.m.
Houston at Pittsburgh, 7:05 p.m.
N.Y. Mets at Philadelphia, 7:05 p.m.
Florida at Milwaukee, 7:10 p.m.
L.A. Dodgers at Arizona, 8:10 p.m.
San Francisco at Colorado, 8:10 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
Tampa Bay	91	61	.599	-
Boston	84	68	.553	7.0

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	86	67	.562	-
San Diego	85	67	.559	0.5
Colorado	82	69	.543	3.0
St. Louis	78	74	.513	7.5
Florida	76	76	.500	9.5

AMERICAN LEAGUE

BLUE JAYS 1, MARINERS 0

Seattle	ab	r	h	bi	Toronto	ab	r	h	bi
ISuzuki rf	5	0	2	0	Snider lf	4	0	1	0
Figgins 2b	3	0	1	0	YEscor ss	2	0	0	0
JoLopz 3b	4	0	0	0	JBautst rf	2	1	1	1
Smoak 1b	3	0	1	0	V.Wells cf	2	0	0	0
MSndrs lf	3	0	0	0	Overay 1b	1	0	0	0
FGtrrz ph	1	0	0	0	A.Hill 2b	3	0	0	0
Lngrhn lf	0	0	0	0	Lind dh	3	0	0	0
AMoore c	4	0	2	0	Encrnc 3b	3	0	0	0
Mangin dh	4	0	1	0	Arencii c	3	0	0	0
Tuiassp pr	0	0	0	0					
Halmn cf	4	0	0	0					
JoWilsn ss	2	0	0	0					
Carp ph	1	0	0	0					
Totals	**34**	**0**	**7**	**0**	**Totals**		**23**	**1**	**2**	**1**
Seattle					000	000	000	0	
Toronto					100	000	00x	1	

DP—Seattle 2. LOB—Seattle 10, Toronto 3. 2B—I.Suzuki (28). HR—J.Bautista (50). S—Y.Escobar.

	IP	H	R	ER	BB	SO
Seattle						
F.Hernandez L,12-12	8	2	1	1	4	5
Toronto						
Sh.Hill W,1-2	5	4	0	0	1	7
Mills H,1	1	1	0	0	0	1
Frasor H,12	1	0	0	0	0	0
S.Downs H,24	1	1	0	0	1	2
Gregg S,35-40	1	1	0	0	0	2

T—2:21. A—12,590 (49,539) at Toronto.

BLUE JAYS' SINGLE-SEASON HOME RUN LEADERS

x - season still in progress
x-50 - Jose Bautista, 2010
47 - George Bell, 1987
46 - Jose Canseco, 1998
44 - Carlos Delgado, 1999
42 - Shawn Green, 1999
42 - Carlos Delgado, 2003
41 - Carlos Delgado, 2000
41 - Tony Batista, 2000
40 - Jesse Barfield, 1986

SINGLE SEASON HOMERUN RECORDS

x - season still in progress
73 - Barry Bonds, San Francisco, 2001
70 - Mark McGwire, St. Louis, 1998
66 - Sammy Sosa, Chicago Cubs, 1998
65 - Mark McGwire, St. Louis, 1999
64 - Sammy Sosa, Chicago Cubs, 2001
63 - Sammy Sosa, Chicago Cubs, 1999
61 - Roger Maris, N.Y. Yankees, 1961
60 - Babe Ruth, N.Y. Yankees, 1927
59 - Babe Ruth, N.Y. Yankees, 1921
58 - Jimmie Foxx, Phila. Athletics, 1932
58 - Hank Greenberg, Detroit, 1938
58 - Mark McGwire, Oakland/St. Louis, 1997
58 - Ryan Howard, Phila. Phillies, 2006
x-50 - Jose Bautista, Toronto, 2010

SOCCER

MLS

Tonight's game
(All times Eastern)
New York at Los Angeles, 11 p.m.

Tomorrow's games
Chivas USA at Philadelphia, 4 p.m.
San Jose at Toronto FC, 4 p.m.
Houston at D.C. United, 7:30 p.m.
Columbus at New England, 7:30 p.m.
FC Dallas at Kansas City, 8 p.m.
Seattle FC at Chicago, 8 p.m.
Colorado at Real Salt Lake, 10 p.m.

SPAIN

LA LIGA

Yesterday's results
Getafe 0 Malaga 2
Villarreal 1 Deportivo La Coruna 0
Sevilla 1 Racing Santander 1

ITALY

SERIE A

Yesterday's result
Juventus 1 Palermo 3

NHL

PRE-SEASON

(x-split squad game)

Last night's results
N.Y. Rangers 4 New Jersey 3 (OT)
Carolina 3 Nashville 1
Tampa Bay 5 Edmonton 2
x-Phoenix 2 Los Angeles 1 (OT)
x-Phoenix 3 Los Angeles 1

At London, Ont.
Toronto 3 Philadelphia 2 (SO)

At Rochester, N.Y.
Florida 3 Boston 2

Tonight's games
Philadelphia at Toronto, 7 p.m.
Nashville at Carolina, 7 p.m.
Chicago at Detroit, 7 p.m.
Pittsburgh at Columbus, 7 p.m.
Ottawa at Montreal, 7:30 p.m.
Minnesota at St. Louis, 8 p.m.
Colorado at Dallas, 8:30 p.m.
Anaheim at San Jose, 10:30 p.m.

LEAFS 3, FLYERS 2 (SO)

First Period
1. Philadelphia, Bourdon (Meszaros) 6:21

Penalties — Hamilton Tor, Carcillo Pha (roughing) 5:44, Rinaldo Pha (slashing), Hanson Tor (elbowing) 11:37, Kalinski Pha (elbowing) 14:24, Rinaldo Pha, Rosehill Tor (roughing) 18:00.

Second Period
2. Toronto, McKegg (Caputi, Orr) 13:14
3. Philadelphia, Guerin, 14:02

Penalties — Schenn Tor (holding) 4:01, Holmstrom Pha (holding stick) 10:36, Rinaldo Pha (fighting, game misconduct), Schenn Tor (fighting) 14:33, Armstrong Tor (hooking) 18:38.

Third Period
4. Toronto, Armstrong (Richmond, Versteeg) 8:03 (pp)

Penalties — Hanson Tor, Bourdon Pha (fighting) 4:42, Kalinski (high-sticking) Pha 7:53.

Overtime
No Scoring.

Penalties — None.

Shootout — Toronto wins 4-2
Toronto (4) — Kadri, Caputi, Hanson, Armstrong; Philadelphia (2) — Carter, Guerin, Lehtivouri.

Shots

Philadelphia	11	9	14	3—37
Toronto	10	11	12	2—35

Goal — Philadelphia: Boucher, Bobrovsky (SOL); Toronto: Gustavvson, Reimer (W).

Power plays (goals-chances) — Philadelphia: 0-1; Toronto: 1-2.

Attendance — N.A at London.

OILERS 5, LIGHTNING 2

First Period
1. Tampa Bay, R.Jones 1 (Purcell, Persson) 4:33
2. Edmonton, Paajarvi 1 (Belle, Plante) 15:09
3. Edmonton, Cogliano 1 (Foster, Paajarvi) 18:34 (pp)

Penalties — Pouliot TB, Smid Edm (roughing), Foster Edm (interference) 0:16, Mihalik TB (hooking) 7:30, Brule Edm (high-sticking) 10:20, MacIntyre Edm (roughing) 13:31, Ohlund TB (holding) 14:40, Ashton TB (slashing) 17:21, Reddox Edm (hooking) 19:06.

Second Period
4. Edmonton, Paajarvi 2 (Penner, Plante) 6:50 (pp)

Penalties — Hall TB (holding) 5:24, Smid Edm (boarding) 7:00, Downie TB (hooking) 11:10, Omark Edm (hooking) 14:54, Foster Edm (cross-checking) 17:47.

Third Period
5. Edmonton, Hall 1, 7:57 (pp)
6. Edmonton, Paajarvi 3 (Foster) 9:52 (sh)
7. Tampa Bay, Ashton 1 (Wright, Clark) 17:20 (pp)

Penalties — Downie TB, Smid Edm (roughing) 0:26, Tampa Bench (too many men; served by Purcell) 6:57, Petiot Edm (holding) 8:07, Wright TB (tripping) 11:54, MacIntyre Edm (roughing, charging) 15:48.

Shots

Tampa Bay	14	8	6	—28
Edmonton	11	4	6	—21

Goal (shots-saves) — Tampa Bay: Ellis (L,1-1-0); Edmonton: Dubnyk (W,2-0-0)(20-19), Deslauriers (9:29 second)(8-7). **Power plays (goals-chances)** — Tampa Bay: 1-10; Edmonton: 3-7.

Attendance — 16,839 (16,839) at Edmonton

NFL

WEEK 3

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	2	0	0	1.000	29	20
N.Y. Jets	1	1	0	.500	37	24
New England	1	1	0	.500	52	52
Buffalo	0	2	0	.000	17	49

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	64	51
Jacksonville	1	1	0	.500	37	55
Tennessee	1	1	0	.500	49	32
Indianapolis	1	1	0	.500	62	48

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	2	0	0	1.000	34	20
Cincinnati	1	1	0	.500	39	48
Baltimore	1	1	0	.500	20	24
Cleveland	0	2	0	.000	28	33

WEST

	W	L	T	Pct	PF	PA
Kansas City	2	0	0	1.000	37	28
San Diego	1	1	0	.500	52	34
Denver	1	1	0	.500	48	38
Oakland	1	1	0	.500	29	52

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	1	1	0	.500	40	37
N.Y. Giants	1	1	0	.500	45	56
Philadelphia	1	1	0	.500	55	59
Dallas	0	2	0	.000	27	40

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	0	0	1.000	37	21
New Orleans	2	0	0	1.000	39	31
Atlanta	1	1	0	.500	50	22
Carolina	0	2	0	.000	25	51

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Detroit	0	2	0	.000	46	54
Minnesota	0	2	0	.000	19	28

WEST

	W	L	T	Pct	PF	PA
Seattle	1	1	0	.500	45	37
Arizona	1	1	0	.500	24	54
San Francisco	0	2	0	.000	28	56
St. Louis	0	2	0	.000	27	33

Sunday's games
(All times Eastern)
Dallas at Houston, 1 p.m.
Buffalo at New England, 1 p.m.
Cleveland at Baltimore, 1 p.m.
Atlanta at New Orleans, 1 p.m.
Tennessee at N.Y. Giants, 1 p.m.
Cincinnati at Carolina, 1 p.m.
San Francisco at Kansas City, 1 p.m.
Pittsburgh at Tampa Bay, 1 p.m.
Detroit at Minnesota, 1 p.m.
Washington at St. Louis, 4:05 p.m.
Philadelphia at Jacksonville, 4:05 p.m.
San Diego at Seattle, 4:15 p.m.
Oakland at Arizona, 4:15 p.m.
Indianapolis at Denver, 4:15 p.m.
N.Y. Jets at Miami, 8:20 p.m.

Monday's game
Green Bay at Chicago, 8:30 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	8	3	0	344	250	16
Hamilton	11	6	5	0	270	286	12
Toronto	11	6	5	0	237	293	12
Winnipeg	11	3	8	0	291	290	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	11	9	2	0	396	245	18
Saskatchewan	11	7	4	0	321	304	14
B.C.	11	3	8	0	276	295	6
Edmonton	11	2	9	0	200	372	4

Tonight's game
(All times Eastern)
Montreal at Winnipeg, 8 p.m.

Tomorrow's games
Saskatchewan at Hamilton, 6:30 p.m.
B.C. at Calgary, 9:30 p.m.

Sunday's game
Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

GOLF

PGA TOUR CHAMPIONSHIP

At Atlanta
Par 70
First Round

Geoff Ogilvy	32-34—66
Luke Donald	33-33—66
Paul Casey	33-33—66
Jim Furyk	33-34—67
K.J. Choi	33-35—68
Kevin Na	34-35—69
Hunter Mahan	32-37—69
Phil Mickelson	36-33—69
Jason Day	33-36—69
Kevin Streelman	37-33—70
Ryan Moore	35-35—70
Tim Clark	35-35—70
Robert Allenby	36-35—71
Nick Watney	35-36—71
Ben Crane	35-36—71
Retief Goosen	35-36—71
Ernie Els	35-36—71
Charley Hoffman	36-35—71
Matt Kuchar	37-35—72
Camilo Villegas	36-37—73
Dustin Johnson	38-35—73
Bo Van Pelt	37-37—74
Zach Johnson	38-36—74
Ryan Palmer	36-38—74
Justin Rose	38-36—74
Adam Scott	37-37—74
Steve Stricker	36-38—74
Jeff Overton	36-39—75
Bubba Watson	38-37—75
Martin Laird	39-36—75

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
CLEVELAND INDIANS — Signed a two-year player development contract with Columbus (IL). Purchased the contracts of C Luke Carlin and RHP Vinnie Pestano from Columbus (IL). Transferred C Carlos Santana to the 60-day DL. Placed RHP Hector Ambriz on the 60-day DL.
NEW YORK YANKEES — Called up RHP Andrew Brackman from Trenton (EL).

NATIONAL LEAGUE
WASHINGTON NATIONALS — Announced the resignation of president Stan Kasten, effective at the end of the season.

BASKETBALL

NBA

DALLAS MAVERICKS — Signed F Steve Novak.
NEW YORK KNICKS — Signed F Shawne Williams.
PHILADELPHIA 76ERS — Traded G Willie Green and F-C Jason Smith to New Orleans for F Darius Songaila and F Craig Brackins.
PHOENIX SUNS — Signed coach Alvin Gentry to a contract extension through the 2012-13 season.

FOOTBALL

NFL

BALTIMORE RAVENS — Agreed to terms with LB Sergio Kindle on a one-year contract.
CAROLINA PANTHERS — Signed WR Marcus Henry to the practice squad. Released RB Josh Vaughan from the practice squad.
CHICAGO BEARS — Signed WR Greg Mathews to the practice squad. Terminated the practice squad contract of LB J.D. Folsom.
NEW YORK JETS — Waived T Patrick Brown.
SEATTLE SEAHAWKS — Named Peter McLoughlin president.

HOCKEY

NHL

ANAHEIM DUCKS — Assigned C Nick Bonino, LW Rob Bordson, D Mat Clark, LW Nicolas Deschamps, D Joe DiPenta, LW Brandon McMillan, D Mark Mitera and RW Kyle Palmieri to Syracuse (AHL). Assigned RW Emerson Etem, C Peter Holland RW Devante Smith-Pelly and D Scott Valentine to their junior teams.
COLUMBUS BLUE JACKETS — Returned F Dalton Smith, F Petr Straka, D Brandon Archibald and D Austin Madaisky to their junior clubs. Released G Riley Gill and G Dan Taylor.
MINNESOTA WILD — Signed D Josh Caron, D Colton Jobke and D Jared Spurgeon. Reassigned LW Brandon Buck, RW Jarod Palmer, RW Joel Broda, RW Jean-Michel Daoust and G Josh Tordjman to Houston Aeros (AHL), G Darcy Kuemper to Red Deer (WHL), D Josh Caron to Kamloops (WHL) and D Colton Jobke to Kelowna (WHL).

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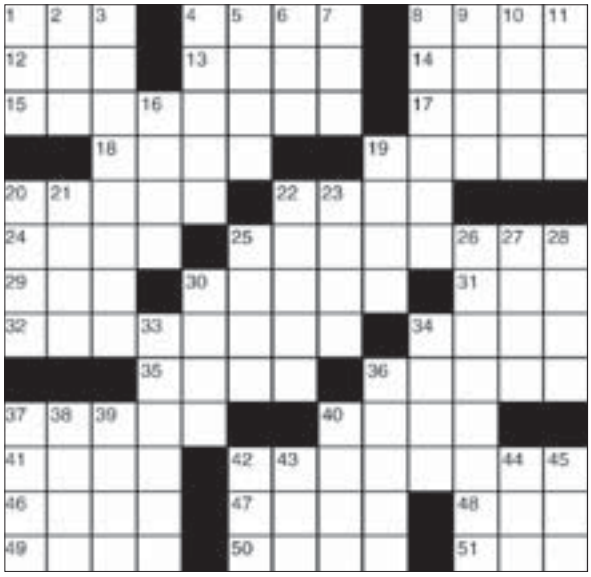
Crossword



Across

1 Doo follower
4 Gift-tag word
8 Highway access
12 Have bills
13 Hawkeyes' home
14 Satanic
15 Promontory
17 Part of N.B.
18 Accomplishment
19 Heart line?
20 Grinder
22 Dos cubed
24 "Metamorphoses" poet
25 Blended beverage
29 Author Deighton
30 Mimic's forte
31 Conclude
32 Equestrian showmanship
34 Senate staffer
35 Gumbo need
36 Obama's veep
37 Casual wear
40 Gasoline, e.g.
41 Deserve
42 Leeway
46 Genealogy chart
47 Surrounded by
48 Pool stick
49 Bedframe piece
50 As deemed appropriate
51 "Kid-tested, mother-approved" cereal

Down

1 Homer's interjection
2 Shock partner
3 Banner
4 Taxpayer, in April
5 Fork choice
6 Possess
7 Insane
8 Start the computer again
9 State with conviction
10 Mouthwash flavor
11 Entreaty
16 Out of play
19 "Hi, sailor!"
20 Shape
21 Finished
22 Last letter
23 Heart
25 Mast
26 Wrestling hold
27 Playwright William
28 Paradise
30 Inquires
33 14-line verse
34 Wharf
36 Pal
37 "West Side Story" gang
38 Count counterpart
39 Vicinity
40 Go belly-up
42 Possessed
43 Flightless bird
44 Overseas agreement?
45 Tex- — cuisine

▶ Yesterday's answer

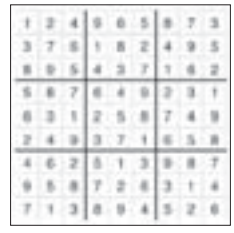
Sudoku

				8		1	7	
6		4	2					
8					7		4	
		5		7			9	
7			5		9			3
	4			2		5		
	6		3					1
					2	3		8
	5	1		6				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hansel, We just wanted to say how much you mean to us . We Love you so much Thank you for being there for us and for being a wonderful Daddy .Love always Karol & Our New Baby ..
KAROL CHAVEZ

HAPPY BIRTHDAY JESSE! I know you are turning 24 but you do not look a day over 19. I love you and cant wait to celebrate your special day!! Wheres the Wine B$%*H
JOEY

Yaxmos, to this world you may be just one person, but to one person (me) you're the whole world. Love you :)
YOUR SARSAPARILLA

Lawren, you are so amazing. You make me smile every day. Happy Anniversary! I can't wait to see you tonight. **LOVE, GLENN**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 No matter how much others might try to cheer you up yesterday's full moon still has you in a bit of a funk and you need to spend some time by yourself to get over it.

♉ Taurus April 21-May 21 Don't jeopardize what you have gained in recent weeks by taking silly risks. Keep your feet planted firmly on the ground

♊ Gemini May 22-June 21 Heed what employers and other important people tell you today, even though you may disagree with the gist of what they are trying to say.

♋ Cancer June 22-July 22 The influence of yesterday's full moon is still strong and you may be tempted to make a decision about your career that will require major changes over the next six months or so. Think carefully.

♌ Leo July 23-Aug.23 You will need to take extra care when doing deals with people who are not "your people" – that is people you don't know how to relate to on a one-to-one level. Above all, don't let your heart rule your head.

♍ Virgo Aug. 24- Sept. 22 You may want to hurry things along and resolve an issue that should have been dealt with a long time ago but the planets warn it won't be so easy.
.

♎ Libra Sept. 23-Oct. 23 You seem to be a bit vulnerable at the moment, no doubt due to the full moon in your opposite sign of Aries, but your confidence will pick up over the weekend and it won't be long before you are back to your best.

♏ Scorpio Oct. 24-Nov. 22 If someone asks you to take on new responsibilities today turn them down flat.

♐ Sagittarius Nov. 23-Dec. 21 A change of direction may be necessary but you are advised to wait a while before making it.
?

♑ Capricorn Dec. 22-Jan. 20 You may be tempted to do something drastic today, something you have not thought through in much detail. Think it through first.

♒ Aquarius Jan. 21-Feb. 18 Social activities are still blighted by yesterday's full moon, so don't make any hard and fast plans or promises today because you may not be able to live up to them.

♓ Pisces Feb. 19-March 20 Your emotions have been a bit up in the air of late and it my be another day or two before the more rational side of your nature kicks in again – then you'll see through the illusions you have been creating for yourself.

SALLY BROMPTON

Caption contest

IVAN SEKRETAREV/THE ASSOCIATED PRESS

"Ok this is the last time i'm gona be used as a bowlling ball return."
RON MACKEY

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Shannon
Mammography Technologist
Member, Health Sciences Association

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